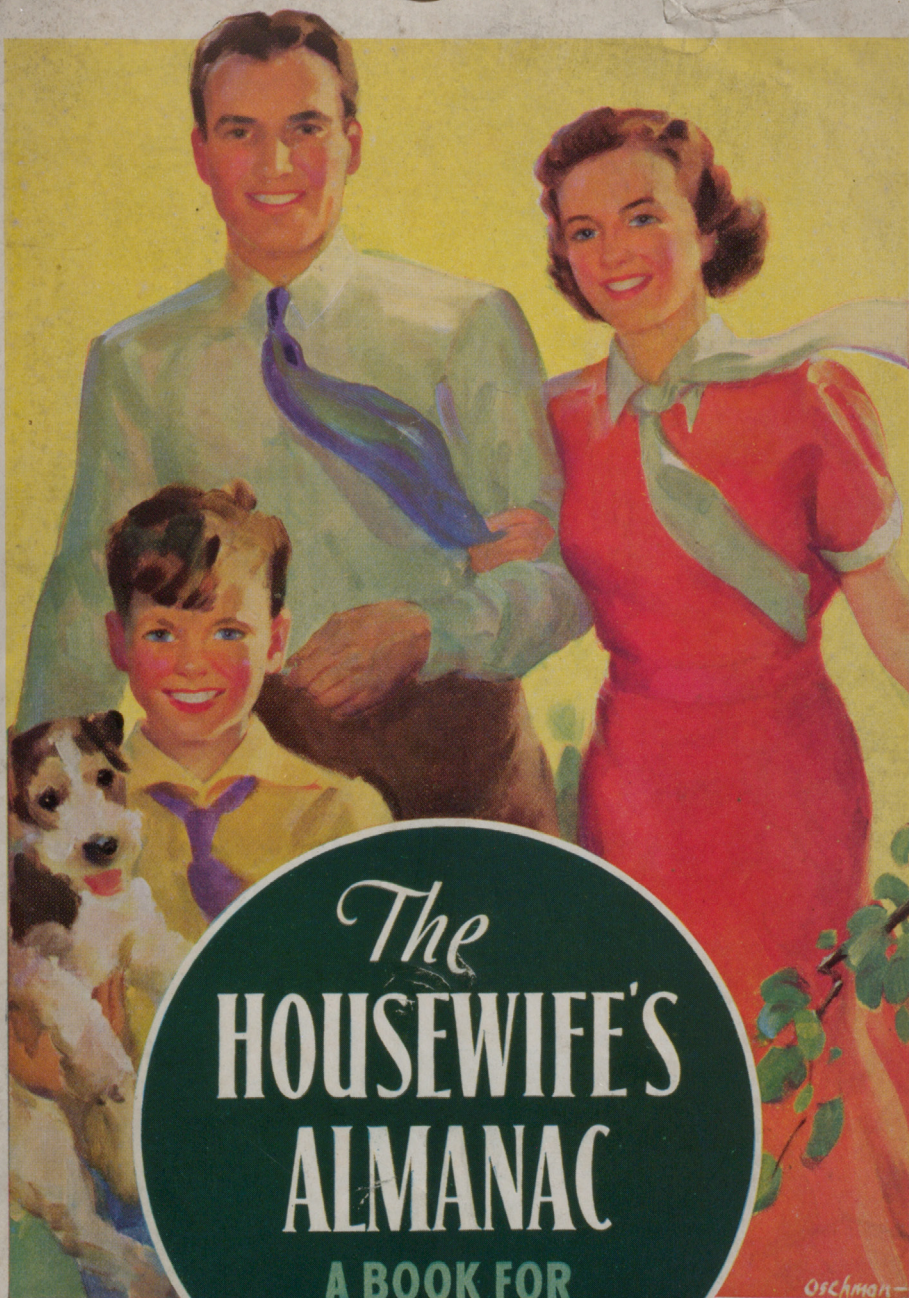




The
**HOUSEWIFE'S
ALMANAC**

**A BOOK FOR
HOMEMAKERS**



YOUR health is the barometer of your personality. It influences what you do and how you do it. When you feel well, you look well, act well, and the world is a brighter place in which to live.

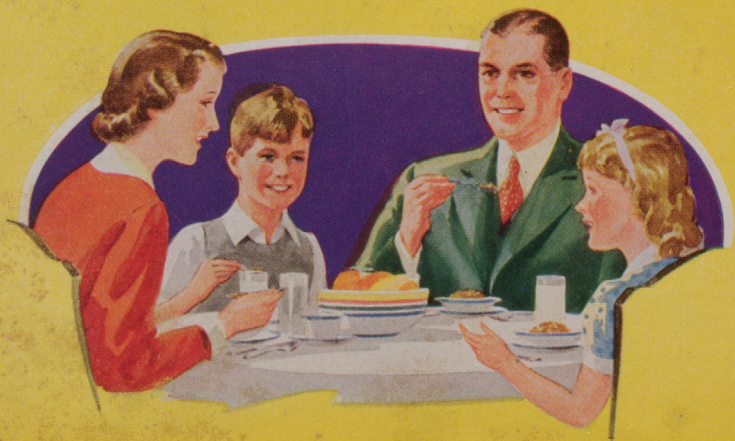
The things we eat have a direct bearing on this well-being for which all of us strive. It's an old story—that proper meals are of the greatest importance in maintaining health.

Your Grocer—the man who stands ready to care for your daily food needs—provides one of the soundest roads to continued good health and happiness. The foods he so carefully buys and sells to you are vital. It is he on whom you depend for quality—and when your life and the lives of your family are concerned, the best is none too good.

Let your Grocer guide your food buying to help you and yours keep fit and happy.

W. K. Kellogg

Of London, Ont.





THE HOUSEWIFE'S
ALMANAC

A BOOK FOR HOMEMAKERS

1938

*A Compilation of Information
For Everyday Use Containing:*

★ A Calendar for the Year with Important Historical Events; Astronomical Data; Sun, Moon Rise and Set Times; Valuable Advice on Keeping Fit; Tempting Recipes; Outdoor and Indoor Games; Interesting Facts for Movie and Radio Fans; Time Table for Baking and Roasting; Interesting Facts about Canada; Horoscopes; Pointers for Safe Driving; and much other Useful and Entertaining Information.

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CALENDAR for 1938

MORNING AND EVENING STARS

Mercury (-) will be Morning Star about January 20, May 19 and September 13; and Evening Star about April 2, July 31 and November 25.

Venus (-) will be Morning Star till February 3; then Evening Star till November 20; and Morning Star the rest of the year.

Jupiter (-) will be Evening Star till January 29; then Morning Star till August 20; and then Evening Star again the rest of the year.

THE TWELVE SIGNS OF THE ZODIAC

THE RAM. *Aries*, ♈ Head & Face

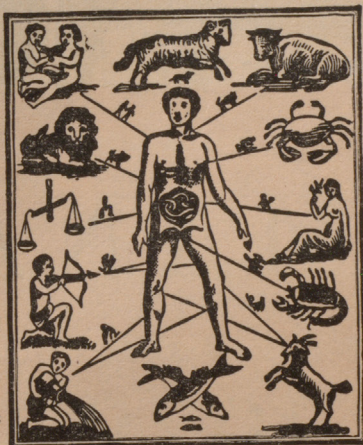
TWINS. *Gemini* ♊
The Arms

LION. *Leo* ♌
The Heart

BALANCE. *Libra* ♎
The Reins

ARCHER. *Sagittarius* ♐
The Thighs

WATERMAN. *Aquarius* ♒
The Legs



♉ BULL. *Taurus*
The Neck

♋ CRAB. *Cancer*
The Breast

♍ VIRGIN. *Virgo*
The Bowels

♏ SCORPION. *Scorpio*
The Loins

♐ GOAT. *Capricornus*
The Knees

FISHES. *Pisces* ♓ The Feet

ECLIPSES—Standard Time

In the year 1938 there will be four eclipses, two of the Sun and two of the Moon.

1. A total eclipse of the Moon, May 14; the beginning visible in North America except the extreme northern part; the ending visible generally in the central and western part of North America. In the Maritime Provinces total eclipse begins at 4 h 18 m a.m.; in Ontario and Quebec at 3 h 18 m a.m.; in Manitoba at 2 h 18 m a.m.; in the Prairie Provinces at 1 h 18 m a.m.; in British Columbia on May 14 at 0 h 18 m a.m. Duration of total eclipse is 51 m.

2. A total eclipse of the Sun, May 29; visible only in the Southern Hemisphere.

3. A total eclipse of the Moon, November 7; the beginning visible generally in the extreme northeastern part of North America; the ending visible in North America except the extreme western and northwestern part. In the Maritime Provinces total eclipse begins at 5 h 45 m p.m.; in Ontario and Quebec begins at 4 h 45 m p.m.; and in Manitoba total eclipse ends at 5 h 8 m p.m. Duration of total eclipse is 1 h 23 m.

4. A partial eclipse of the Sun, November 21. Visible in British Columbia and extreme western Alberta just before and at sunset.

EXPLANATION OF THE CALENDAR PAGES. The Sun and Moon rise and set times are given in Standard Time for the latitudes of Ontario, Quebec and Maritime Provinces (East) and Manitoba, Prairie Provinces and British Columbia (West). They are correct for these latitudes at each Standard Time Meridian of longitude, but will vary a few minutes if you are east or west of your Time Meridian. Only Moon rise and set times which occur in the hours of darkness are given. The Moon's Signs column indicates which constellation the Moon is in on the date given. Moon's Phases are shown as for Ontario and Quebec. If you are in Maritime Provinces or Newfoundland add one hour to times shown, if in Manitoba subtract one hour, if in Prairie Provinces subtract two hours or if in British Columbia subtract three hours from standard times given under "Moon's Phases".



Do You Ever Feel *Listless and Played Out?*

DO YOU ever have days when your snap and sparkle seem all gone, when you just can't "get going," when you feel all heavy and depressed, too "logey" to give the best that's in you? Very often it is nothing more serious than one of modern man's most prevalent troubles—common constipation.

This widespread difficulty bothers a great many people who do not recognize it for what it is. They may know they are not so "regular" in their habits as they might be. But too often they do not associate this fact with the dull, depressed feeling that sets in so frequently, or with headaches, or loss of appetite.

These ailments, it is easy to understand, prevent us from feeling up to par. A person suffering from headache, for instance, cannot do his best work—his best thinking—which naturally reduces his normal productivity. And this day and age calls for action—the best that is in us.

Fortunately, in the majority of cases, common constipation is not difficult to relieve. Authorities tell us it is one of the simplest of all modern troubles to treat, because so often it involves merely a change of habits.

Why We Are "Irregular"

What has happened in our modern scheme of living is that soft, "refined" foods have removed from our diet certain natural "regulators" on which man has depended for centuries to keep his intes-

tinal tract working normally. Two of these age-old regulators are the laxative parts of wheat—certain essential substances contained in the outer coatings of the grain. By "refining" out these substances, we created a lack, or "diet deficiency," that is credited with being partly responsible for the great spread of common constipation.

How To Avoid It

Isn't it logical, then, to avoid this trouble by simply *putting back* in our diet two of the things our intestines need and want? Isn't it better to eat a *natural laxative food* containing these missing essentials than to dose up with medicines?

Fortunately, there *is* such a food—it is called Kellogg's ALL-BRAN, a crunchy, nutty-flavored, toasted cereal. Eating this nutritious cereal every day will keep you regular as the clock's tick—but without medicines or regrets.

Eat ALL-BRAN with milk or cream and fruits. Or use it in the delicious recipes that are shown later in this book. But however you eat it, use it regularly. Follow this simple daily routine: eat at least two tablespoons of ALL-BRAN every day and drink plenty of water. If you do these two things every day, you can avoid both common constipation and cathartics.

Remember that ALL-BRAN is not a medicine. ALL-BRAN is a natural laxative food, a delightful, modern cereal, and is sold where all good foods are sold—at your grocer's.



Interesting Facts for Radio and Movie Fans

Foster Hewitt, Canada's premier sports announcer, was born in Toronto, 34 years ago. Has been broadcasting for 16 years—probably broadcasts on an average of five times a week. He has broadcast all kinds of sports, baseball, tennis, lacrosse, etc., but he would rather describe a hockey game to the radio audience than any other. He is one announcer who never experienced "mike fright." Although he broadcasts all the "rough" sports, he does not play any himself. He likes to ride, however, and recently purchased a horse at an auction sale. He is an enthusiastic ping pong player. He has two young daughters, four and eleven and a son, eight. His boy listens in when Dad is broadcasting and his standards are exacting. His criticisms and suggestions are always gravely heard by Foster and they carefully discuss improvements for the next time.

If you ask **Bing Crosby** to tell you his full name, he'll say it's **Harry L. Crosby**. He won't tell you his middle name. It's "Lillis." Bing was born in Tacoma, Washington, May 2, 1904. It was Bing's family's idea that he should become a lawyer, so they sent him to Gonzaga College. But fate intervened and Bing went in for rhythm singing.

Norma Shearer was born in Montreal, Que. August 10, 1904. She has never been on the stage but has achieved much fame in the screen world. In 1929 she won the award of the Academy of Motion Picture Arts & Sciences for the best performance by a screen actress for her work in "The Divorcée." She is an all-round athlete, but doesn't pride herself on any single accomplishment unless it is swimming and diving. She doesn't ride except in pictures. Miss Shearer is considered one of the best dressed women on the screen. She plays the piano and speaks fluent French.

Major Edward Bowes, who made the amateur hour famous, started as an office boy. Today he is nationally famous as a theatre executive and impresario of one of radio's most remarkable programs. He built and still continues as managing director of the great Capitol Theatre in New York City, and "father" of the "Capitol Family."

Irene Wicker, the famous star of Kellogg's Singing Lady program, was born in Quincy, Illinois, November 24, 1906, and made her first stage appearance at the age of four, in Sunday School entertainment. Irene, who is loved alike by children and grownups, has received as many as 100,000 letters in a single week.

Guy Lombardo, leader of one of radio's most famous dance bands, was born in London, Ontario, the son of an Italian tailor. He organized his "Royal Canadians" in the early nineteen twenties and introduced a new style of music to which collegiate America began to dance.

Ned Sparks was born in St. Thomas, Ontario. He is an outdoor man and an ardent hunter and fisherman. He is noted for his "dead-pan" type of comedy. He solemnly denies the allegation that in real life he has never been known to crack a smile. He isn't caught at it often, however. He has his enthusiasms, one of which is "Betsy," a fine Boston bulldog which he has entered in many

shows where she has carried off several prizes.

Merle Oberon is a hard-working young woman with nothing "exotic" about her but her face. She refuses to be awed by her success—believes that patience and perseverance are usually rewarded. Her discovery is generally credited to Leslie Howard who drew the attention of Alexander Korda to her one day in the studio restaurant. After playing in a bit in "Service for Ladies" she later received a long term contract. Her hobby is reading. She was born in Tasmania, Australasia in 1911.

Jessica Dragonette, one of radio's most beloved singers, was born in Calcutta, India, of French parentage. Coming to America, Jessica was placed in Georgian Court Convent at Lakewood, New Jersey. She made her theatrical debut in Max Reinhardt's production, "The Miracle." Jessica was convinced she was a failure in radio until a packet of letters came from listeners.

Herbert Marshall, English stage and screen star, started life with no idea of becoming an actor. He intended to be a Chartered Accountant and after graduation from St. Mary's College in Harlow, England, was articulated as a clerk in a firm of Chartered Accountants where he paid strict attention to business. Through a chance acquaintance he became interested in the theatre. His stage career was interrupted by the war. He entered the British Military Service and served for its duration, receiving several wounds in action. After the war he returned to the stage. With the advent of talking pictures a new field was opened to him. His first appearance in sound films was in "The Letter."

Freddie Bartholomew got his start in pictures by winning the role of "David Copperfield" over 10,000 candidates from all sections of the English speaking world. In the comparatively short space of time he has been in Hollywood he has established himself as one of its bright luminaries and he has even acted with the great Garbo herself. Freddie was born in London, March 28, 1924, and was reared and educated by his aunt, Miss Mylicent Bartholomew. Freddie has an amazingly retentive memory. He has memorized long passages of Shakespeare and whole chapters of Dickens works. Hollywood has not spoiled him. He is still the sweet, unaffected personality that won the hearts of the town folk in his Westminster home. Ahead of him looms a future of dazzling brightness.

Deanna Durbin. This sensational 14 year old radio and screen star worries about her algebra. Her marks in this subject are not nearly so high as the upper register notes of her remarkable soprano voice—all of which bothers her no end. According to the strict California regulations for youngsters who happen to be movie players she has to go to school four hours every day. Although the pestilential algebra annoys her, in her other studies Deanna is a very smart girl. In addition to her ordinary schooling she studies voice every day. She has a considerable repertoire and likes some popular music but refuses point blank to sing any "hotcha" numbers.



♈ CAPRICORN ♏

December 22 to January 20

Capricorn is a feminine sign. Its natal stone is the chalcedony; its flower is the snowdrop. Saturn is the ruling planet of this sign.

JANUARY 1938

DAY OF MONTH	DAY OF WEEK	MOON'S PHASES	MOON'S SIGNS	LATITUDE OF EASTERN PROVINCES			LATITUDE OF WESTERN PROVINCES		
				Sun rises	Sun sets	Moon	Sun rises	Sun sets	Moon
				h m	h m	h m	h m	h m	h m
1 Sa		New Year's Day	♈	7 38	4 28	sets	7 59	4 8	sets
Second Sunday after Christmas				Day's Length: East 8h., 51m.; West 8h., 10m.					
2 Su		Royal Mint established Ottawa, 1908	♈	7 38	4 29	p.m.	7 59	4 9	p.m.
3 Mo		London, Ont., City Hall destroyed, 1898	♈	7 38	4 30	6 30	7 59	4 10	6 18
4 Tu		1st successful gas auto. built, 1885	♈	7 38	4 31	7 33	7 58	4 11	7 23
5 We		Sir E. Shackleton died, 1922	♈	7 38	4 32	8 36	7 58	4 13	8 30
6 Th		Epiphany. Theo. Roosevelt died, 1919	♈	7 38	4 33	9 40	7 58	4 14	9 38
7 Fr		Charles M. Hays, Pres. G.T.R., 1910	♈	7 38	4 34	10 46	7 57	4 15	10 48
8 Sa		Battle of New Orleans, 1815	♈	7 38	4 35	11 53	7 57	4 16	a.m.
First Sunday after Epiphany				Day's Length: East 8h., 59m.; West 8h., 21m.					
9 Su		Breakfast, ALL-BRAN Muffins	♈	7 37	4 36	a.m.	7 56	4 17	0 0
10 Mo		Dawson City fire, 1900	♈	7 37	4 37	1 3	7 56	4 19	1 13
11 Tu		Sir John A. Macdonald born, 1815	♈	7 37	4 39	2 14	7 56	4 20	2 29
12 We		Jack London born, 1876	♈	7 37	4 40	3 26	7 55	4 21	3 44
13 Th		Earthquake in Italy, 1915	♈	7 36	4 41	4 36	7 55	4 22	4 56
14 Fr		Radio Telephone U. S. to England, 1923	♈	7 36	4 42	5 39	7 54	4 24	5 59
15 Sa		First U. S. locomotives built, 1813	♈	7 35	4 44	rises	7 54	4 25	rises
Second Sunday after Epiphany				Day's Length: East 9h., 10m.; West 8h., 34m.					
16 Su		Montreal Star established, 1869	♈	7 35	4 45	p.m.	7 53	4 27	p.m.
17 Mo		Antoine Aime Dorion born, 1818	♈	7 34	4 46	6 48	7 52	4 28	6 39
18 Tu		Daniel Webster born, 1782	♈	7 34	4 48	8 3	7 51	4 30	7 58
19 We		Edgar Allen Poe born, 1809	♈	7 33	4 49	9 14	7 50	4 31	9 14
20 Th		George V. died, 1936	♈	7 33	4 50	10 23	7 49	4 33	10 27
21 Fr		Delicious, ALL-BRAN Pancakes	♈	7 32	4 52	11 29	7 48	4 35	11 37
22 Sa		Queen Victoria died, 1901	♈	7 31	4 53	a.m.	7 47	4 36	a.m.
Third Sunday after Epiphany				Day's Length: East 9h., 25m.; West 8h., 52m.					
23 Su		Reign of Terror in France, 1793	♈	7 30	4 55	0 33	7 46	4 38	0 45
24 Mo		Gold discovered in California, 1848	♈	7 29	4 56	1 36	7 45	4 40	1 51
25 Tu		Robert Burns born, 1759	♈	7 28	4 57	2 35	7 44	4 41	2 52
26 We		Earthquake, Quebec, 1632	♈	7 27	4 58	3 30	7 43	4 43	3 50
27 Th		Ottawa named Capital, 1858	♈	7 26	4 59	4 21	7 41	4 45	4 41
28 Fr		German planes raid London, 1918	♈	7 25	5 1	5 7	7 40	4 46	5 26
29 Sa		Earl Haig died, 1928	♈	7 24	5 2	5 47	7 38	4 48	6 5
Fourth Sunday after Epiphany				Day's Length: East 9h., 40m.; West 9h., 13m.					
30 Su		Hitler comes to power, 1933	♈	7 23	5 3	6 23	7 37	4 50	6 38
31 Mo		Rupert Hughes born, 1872	♈	7 22	5 5	6 54	7 36	4 51	7 6

Weather Predictions—1-3, high winds, little rain; 4-8, rain; 9-12, stormy; 13-17, rain, stormy; 18-22, stormy conditions; 23-27, unsettled; 28-31, cloudy.



What to do about Common Constipation

THE typical Canadian man or woman, when troubled with common constipation, may well be bewildered if he considers the many reliefs and "cures" that are offered as remedies.

Without a doctor's advice—which is *essential* if the condition is chronic—most sufferers from this common ailment must choose "by guess and by gosh." And many times they choose wrongly, seeking quick relief even if it means abusing their intestines, and being guided by the need of the moment rather than by any routine that will help them avoid trouble in the future.

How Laxatives Work

It may be valuable, therefore, to know something of the three major groups of laxatives and how they act and work.

The most numerous are those, which have a physical-chemical reaction. Every drug store displays them in quantity—one brand and another, no end. The action of two types may be taken as representative. First, is the saline cathartic—as Epsom Salts and other fizzy or effervescent laxatives. These function by drawing water from the blood, through the intestinal walls into the intestines. This is an effective but unnatural expedient and often results in a feeling of weakness. And the second is the "intestinal irritant"—as represented by the drug phenolphthalein. This is the active ingredient of many "candy" cathartics and works by provoking the intestines to quick action.

Perhaps the worst quality of many of these cathartics is that they may be habit-forming. In time you must take them more often; you must also increase the

dose. They should rarely be relied on as a continuous aid to "regularity."

The second general class of laxatives act by *mechanical* rather than physical-chemical means. Laxatives in this group merely lubricate the intestines—as is done by Russian mineral oil.

The Food Group of Laxatives

The third principal group of laxatives act on the *cause* rather than the *effect* of the difficulty. Instead of relieving intestinal inertia by various artificial means, they seek to restore the intestines themselves to proper functioning by supplying what they need for normal "tone." This is the group of laxatives represented by Kellogg's ALL-BRAN.

ALL-BRAN is not a medicine. It is a wholesome, natural food—anutty, crunchy, toasted cereal. Instead of over-stimulating your intestines into unwilling action, it supplies two things they want and need. The first of these is "bulk"—ALL-BRAN absorbs water and softens like a sponge. This water-softened mass—a natural physical need of your intestinal tract—aids elimination. And a second and important dietary need in ALL-BRAN is the intestinal- tonic Vitamin B₁. Bran is a good source of this amazing vitamin that helps tone your intestinal tract.

Kellogg's ALL-BRAN is very efficient as a "regulator." But it forms no habits and causes no discomfort. You can eat it with milk or cream and fruits, or use it in delicious muffins or cookies. But the important thing is to use it *regularly*. Follow this daily routine: eat at least two tablespoons of ALL-BRAN every day and drink plenty of water. If you do this you can avoid two tyrants at once—both common constipation and cathartics.



- AQUARIUS -

January 20 to February 19

Aquarius is a masculine sign. Its natal stone is the amethyst; its flower the primrose. Saturn and Uranus are its ruling planets.

FEBRUARY 1938

DAY OF MONTH	DAY OF WEEK	MOON'S PHASES	MOON'S SIGNS	LATITUDE OF EASTERN PROVINCES			LATITUDE OF WESTERN PROVINCES		
				Sun rises	Sun sets	Moon	Sun rises	Sun sets	Moon
		☾ First Quarter—7th d., 7h., 33m., p.m. ☾ Full Moon —14th d., 0h., 14m., p.m. ☾ Last Quarter—21st d., 11h., 24m., p.m.							
		<i>Historical Events</i>							
1	Tu	Post Office registration begun, 1855	♈	7 21	5 7	sets	7 35	4 53	sets
2	We	Arizona ceded to U. S., 1848	♈	7 20	5 9	p.m.	7 33	4 55	p.m.
3	Th	Parliament Buildings burned, 1916	♈	7 18	5 10	8 38	7 32	4 57	8 39
4	Fr	Charles Lindbergh born, 1902	♈	7 17	5 11	9 44	7 30	4 58	9 50
5	Sa	1st Movie Machine invented, 1861	♈	7 16	5 12	10 53	7 29	5 0	11 2

Fifth Sunday after Epiphany

Day's Length: East 9h., 59m.; West 9h., 34m.

6	Su	B. N. A. Act introduced, 1867	♈	7 15	5 14	a.m.	7 28	5 2	a.m.
7	Mo	Charles Dickens born, 1812	♈	7 13	5 16	0 3	7 27	5 4	0 16
8	Tu	Try ALL-BRAN and Honey	♈	7 12	5 18	1 13	7 25	5 5	1 29
9	We	U. S. Weather Bureau established, 1891	♈	7 11	5 19	2 21	7 23	5 7	2 40
10	Th	Canada ceded to England, 1763	♈	7 10	5 20	3 25	7 21	5 8	3 45
11	Fr	Canadians reach France, 1915	♈	7 9	5 21	4 21	7 20	5 10	4 40
12	Sa	Abraham Lincoln born, 1809	♈	7 7	5 22	5 10	7 18	5 11	5 26

Septuagesima Sunday

Day's Length: East 10h., 19m.; West 9h., 57m.

13	Su	I. O. D. E. founded, 1900	♈	7 5	5 24	5 51	7 16	5 13	6 4
14	Mo	St. Valentine's Day	♈	7 3	5 25	rises	7 14	5 15	rises
15	Tu	ALL-BRAN Waffles for supper	♈	7 2	5 27	p.m.	7 12	5 17	p.m.
16	We	C. P. R. incorporated, 1881	♈	7 1	5 28	8 0	7 11	5 19	8 2
17	Th	Sir Wilfrid Laurier died, 1919	♈	7 0	5 30	9 10	7 9	5 21	9 16
18	Fr	Germans began sub-warfare, 1915	♈	6 58	5 31	10 16	7 7	5 22	10 26
19	Sa	Kellogg Company founded, 1906	♈	6 56	5 32	11 21	7 5	5 24	11 34

Sexagesima Sunday

Day's Length: East 10h., 39m.; West 10h., 23m.

20	Su	Panama Pacific Exposition, 1915	♈	6 55	5 34	a.m.	7 3	5 26	a.m.
21	Mo	First Battle Verdun began, 1916	♈	6 54	5 35	0 22	7 1	5 27	0 39
22	Tu	George Washington born, 1732	♈	6 52	5 37	1 20	6 59	5 28	1 39
23	We	Tasty ALL-BRAN Ginger Snaps	♈	6 50	5 39	2 13	6 57	5 30	2 33
24	Th	B. C. Oregon Treaty, 1870	♈	6 48	5 40	3 1	6 55	5 32	3 21
25	Fr	First U. S. Bank chartered, 1791	♈	6 46	5 41	3 44	6 53	5 34	4 2
26	Sa	Col. de Salaberry died, 1829	♈	6 44	5 42	4 21	6 51	5 36	4 37

Quinquagesima—Shrove Sunday

Day's Length: East 11h., 1m.; West 10h., 49m.

27	Su	Battle of Paardeburg, 1900	♈	6 42	5 43	4 54	6 49	5 38	5 7
28	Mo	Relief of Ladysmith, 1900	♈	6 40	5 45	5 24	6 47	5 40	5 33

Weather Predictions—1-4, stormy and rain; 5-8, cold; 9-13, cloudy, rain; 14-17, cold weather; 18-22, snow; 23-25, mild; 26-28, cold and windy.



TIME TABLE

for Baking and Roasting

and Weights and Measures

BAKING

ARTICLE	TIME	HEAT REQUIRED
Bread (loaf) accord. to size.....	45 to 60 minutes	
Yeast Rolls and Biscuits.....	12 to 15 minutes	Mod. Oven 375 Deg. F.
Baking Powder Biscuits.....	6 to 10 minutes	Mod. Oven 375 Deg. F.
Muffins.....	20 to 25 minutes	Mod. Oven 400 Deg. F.
Cookies.....	7 to 9 minutes	Mod. Oven 350 Deg. F.
Ginger Bread.....	25 to 30 minutes	Mod. Oven 350 Deg. F.
Layer Cake.....	18 to 25 minutes	Mod. Oven 350 Deg. F.
Loaf Cake.....	40 to 60 minutes	Mod. Oven 350 Deg. F.
Fruit Cake.....	2 to 3 hours	Slow Oven 300 Deg. F.
Fish (Thick).....	15 minutes for 1 lb. 10 minutes extra for heating through.	Mod. Oven 350 Deg. F.

ROASTING

Small Fish.....	20 to 30 minutes	Mod. Oven 350 Deg. F.
Beef, Rare.....	15 minutes to the lb. 15 minutes extra for heating through.	
Beef, Well Done.....	20 minutes to the lb. 15 minutes extra for heating through.	
Lamb, Pork, Veal.....	20 minutes to the lb. 20 minutes extra for heating through.	
Duck.....	$\frac{3}{4}$ hour to 1 $\frac{1}{2}$ hours, according to size.	Hot, to sear, then reduced heat, 375 to 350 Deg. F.
Turkey.....	About 3 hours	Hot, and then reduced heat, 375 to 350 Deg. F.
Chicken.....	20 minutes to the lb. 10 minutes extra for heating through.	Hot and then reduced heat, 375 to 350 Deg. F.

KITCHEN WEIGHTS, MEASURES, Etc.

2 cups = 1 pint	2 cups granulated sugar = 1 pound	4 tablespoons flour = 1 ounce
2 pints = 1 quart	2 $\frac{1}{2}$ cups cornmeal = 1 pound	16 tablespoonsful = 1 cupful
1 tablespoonful = $\frac{1}{2}$ ounce	2 $\frac{3}{4}$ cups brown sugar = 1 pound	60 drops = 1 teaspoonful
8 quarts = 1 peck	2 cups solid meat = 1 pound	3 teaspoonsful = 1 tablespoonful
4 cups flour = 1 pound	2 $\frac{1}{4}$ cups powdered sugar = 1 pound	4 tablespoonsful = $\frac{1}{4}$ cupful
2 cups fat = 1 pound	3 $\frac{1}{2}$ cups icing sugar = 1 pound	1 cup shelled almonds = $\frac{1}{4}$ pound
4 quarts = 1 gallon	16 ounces = 1 pound	$\frac{1}{4}$ pound cornstarch = $\frac{3}{4}$ cupful
	2 tablespoons butter, sugar, salt = 1 ounce	

Cup Measures

(Approximate only)

1 cup granulated sugar	= $\frac{1}{2}$ pound
1 cup butter	= $\frac{1}{2}$ pound
1 cup lard	= $\frac{1}{2}$ pound
1 cup flour	= $\frac{1}{4}$ pound
1 cup rice	= $\frac{1}{2}$ pound
1 cup cornmeal	= 6 $\frac{1}{2}$ ounces
1 cup raisins (stemmed)	= 6 ounces
1 cup currants (cleaned)	= 6 ounces
1 $\frac{3}{4}$ cups coarse dry crumbs	= 2 ounces
$\frac{1}{2}$ cup sifted dry crumbs	= 2 ounces
1 cup chopped meat	= $\frac{1}{2}$ pound

Equivalents of Capacity

(All measures are level full)

3 teaspoons	= 1 tablespoon
$\frac{1}{2}$ fluid ounce	= 1 tablespoon
16 tablespoons	= 1 cup
2 gills	= 1 cup
$\frac{1}{2}$ liquid pint	= 1 cup
8 fluid ounces	= 1 cup
1 liquid pint	= 2 cups
16 fluid ounces	= 2 cups

FREE FOLDER ALL-BRAN RECIPES

This attractive folder giving more than a dozen delicious recipes using Kellogg's All-Brán should be in your home. It will be sent to you FREE of Charge. Simply send a letter or postcard asking for it to Home Economics Department H. A., Kellogg Company of Canada, Ltd., London, Ont.





✕ PISCES ✕

February 19 to March 21

Pisces is a feminine sign. Its natal gem is the white chrysolite; its flower is the daffodil. Jupiter and Neptune are its planets.



MARCH 1938

DAY OF MONTH	DAY OF WEEK	MOON'S PHASES	MOON'S SIGNS	LATITUDE OF EASTERN PROVINCES			LATITUDE OF WESTERN PROVINCES		
				Sun rises	Sun sets	Moon	Sun rises	Sun sets	Moon
				h m	h m	h m	h m	h m	h m
1	Tu	The Saar restored to Germany, 1935	♈	6 39	5 46	sets	6 45	5 41	sets
2	We	Ash Wednesday	♈	6 38	5 48	p.m.	6 43	5 42	p.m.
3	Th	Alex. Graham Bell born, 1847	♈	6 37	5 49	7 34	6 41	5 44	7 38
4	Fr	President Roosevelt inaugurated, 1933	♈	6 35	5 50	8 43	6 39	5 46	8 51
5	Sa	Toronto Globe appears, 1844	♈	6 33	5 52	9 53	6 37	5 48	10 5
<i>First Sunday in Lent</i>				<i>Day's Length: East 11h., 22m.; West 11h., 15m.</i>					
6	Su	Try ALL-BRAN and Prunes	♈	6 31	5 53	11 4	6 35	5 50	11 19
7	Mo	Malcolm Campbell sets record of 301.1 m.p.h.	♈	6 29	5 54	a.m.	6 33	5 51	a.m.
8	Tu	William H. Taft died, 1930	♈	6 28	5 56	0 12	6 30	5 53	0 31
9	We	Niagara Bridge completed, 1855	♈	6 26	5 57	1 17	6 28	5 55	1 36
10	Th	Beethoven died, 1827	♈	6 24	5 59	2 15	6 26	5 57	2 34
11	Fr	Bank of Canada opens, 1935	♈	6 22	6 0	3 5	6 24	5 58	3 22
12	Sa	Wm. Lyon MacKenzie born, 1795	♈	6 20	6 1	3 47	6 22	5 59	4 1
<i>Second Sunday in Lent</i>				<i>Day's Length: East 11h., 44m.; West 11h., 41m.</i>					
13	Su	U. S. adopted standard time, 1884	♈	6 19	6 3	4 24	6 20	6 1	4 34
14	Mo	Russian Revolution began, 1917	♈	6 17	6 5	4 56	6 18	6 3	5 2
15	Tu	University of Toronto Charter, 1827	♈	6 15	6 6	5 25	6 16	6 5	5 27
16	We	Jesuit Missionaries martyred, 1649	♈	6 13	6 7	rises	6 14	6 6	rises
17	Th	St. Patrick's Day	♈	6 11	6 8	p.m.	6 12	6 7	p.m.
18	Fr	New London, Texas, School tragedy, 1937	♈	6 9	6 9	9 3	6 9	6 9	9 15
19	Sa	La Salle murdered, 1687	♈	6 7	6 10	10 6	6 7	6 11	10 22
<i>Third Sunday in Lent</i>				<i>Day's Length: East 12h., 7m.; West 12h., 8m.</i>					
20	Su	Pat. Henry's famous speech, 1775	♈	6 5	6 12	11 7	6 5	6 13	11 24
21	Mo	Spring begins—1h., 43m. a.m., E. S. T.	♈	6 3	6 13	a.m.	6 3	6 14	a.m.
22	Tu	First wireless station, Glace Bay, 1902	♈	6 1	6 14	0 3	6 1	6 15	0 22
23	We	Paris shelled by Germans, 1918	♈	5 59	6 15	0 53	5 58	6 17	1 13
24	Th	Henry W. Longfellow died, 1882	♈	5 57	6 16	1 38	5 56	6 19	1 56
25	Fr	ALL-BRAN provides vitamin B ₁ .	♈	5 55	6 18	2 17	5 54	6 21	2 34
26	Sa	Cecil Rhodes died, 1902	♈	5 53	6 19	2 52	5 52	6 22	3 6
<i>Fourth Sunday in Lent</i>				<i>Day's Length: East 12h., 28m.; West 12h., 33m.</i>					
27	Su	Lord Tweedsmuir, Governor-General, 1935	♈	5 52	6 20	3 23	5 50	6 23	3 34
28	Mo	First paper in Canada—Halifax, 1752	♈	5 50	6 21	3 51	5 47	6 24	3 59
29	Tu	Canada restored to France, 1632	♈	5 48	6 22	4 18	5 45	6 26	4 22
30	We	Ether first used, 1842	♈	5 46	6 24	4 45	5 43	6 28	4 45
31	Th	McGill University founded, 1821	♈	5 44	6 25	5 12	5 41	6 29	5 9

Weather Predictions—1-3, cold, snow; 4-7, high winds; 8-12, changeable; 13-16, unsettled; 17-21, windy and stormy; 22-26, clear and cold; 27-31, rain.



How to Acquire and Develop **WINNING WAYS** *To Be Liked, We Must Like*

IN this world of give and take, love begets love, and friendship begets friendship. We cannot expect people to like us unless we in turn like them. There is occasionally a person who is so manifestly sincere and **genuine**, so helpful and charitable, that he sweeps all barriers aside and wins our complete confidence. He has no need to acquire or develop winning ways, for he was born with a winning personality. But most of us, unfortunately, are incomplete in this respect or that, and need, so to speak, to take stock of ourselves. There follow a few simple, easy-to-cultivate rules for the correction of faults, if we have any, and for the enhancement of our likable traits.

Think of Others

If you want people to like you, forget all about yourself. That is, forget thinking of the people you come in contact with in terms of **you**, and begin to think of them in terms of **them**, in terms of their hopes, aspirations and desires. The most important person in the world to you is yourself. Doesn't it follow that your friends or acquaintances are just like yourself. If you want to interest them or win them, listen to them rather than talk to them. Let them talk about themselves to their heart's content; ask them questions about themselves. This is the first long step in acquiring and developing winning ways.

Keep On the Sunny Side

"Laugh and the world laughs with you" is an age-old saying that always bears resaying. Happiness, as well as love, makes the world go round, and people

everywhere are eager to associate with those who keep on the sunny side of life. Folk who are grouchy or glum are not likely to win or hold many friends. And remember that a grouch is only too often the result of ill health. Haven't you noticed that your happiest hours were those in which you were in the pink of condition? Your health influences your actions, your moods, your manner toward others, your whole outlook on life.

Many Persons Are Troubled

A prevalent enemy of our well-being is common constipation. Many persons are troubled with it at one time or another. Some, all the time. Our modern diet often lacks a sufficient quantity of "bulk," or fiber, which is needed to promote natural elimination. This needed fiber is supplied in appetizing, helpful form by Kellogg's All-Bran, which aids in keeping millions on the sunny side of life.

Stop, Look and Listen

The people we meet like to confide in us. They like to talk about others, and more than anything else, they like to talk about themselves. If you want to acquire and develop winning ways, learn to listen attentively to what others say. Too many persons when conversing, are prone to change the subject, and often abruptly, curtly. They do this because they too want to talk about themselves. But here is where they make a cardinal mistake if it is their object to acquire winning ways. Be sure to keep it ever in mind that people like to talk about themselves.



♈ ARIES ♈ March 21 to April 21

Aries is a masculine sign. Its natal gems are the diamond and the bloodstone; its natal flower is the violet. Mars is the ruling planet.

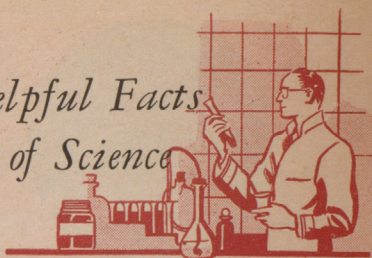
APRIL 1938

DAY OF MONTH	DAY OF WEEK	MOON'S PHASES	MOON'S SIGNS	LATITUDE OF EASTERN PROVINCES			LATITUDE OF WESTERN PROVINCES		
				Sun rises	Sun sets	Moon	Sun rises	Sun sets	Moon
		☾ First Quarter—7th d., 10h., 10m., a.m. ☾ Full Moon—14th d., 1h., 21m., p.m. ☾ Last Quarter—22nd d., 3h., 14m., p.m. ☾ New Moon—30th d., 0h., 28m., a.m.							
		<i>Historical Events</i>							
1	Fr	All Fools' Day	♈	5 42	6 26	sets	5 39	6 30	sets
2	Sa	Massacre, Frog Lake, 1885	♈	5 41	6 28	p.m.	5 36	6 31	p.m.
<i>Fifth Sunday in Lent</i>				<i>Day's Length: East 12h., 51m.; West 12h., 59m.</i>					
3	Su	Bruno Hauptmann executed, 1936	♈	5 39	6 30	10 2	5 34	6 33	10 19
4	Mo	ALL-BRAN Date Bars for supper	♈	5 37	6 31	11 9	5 32	6 34	11 28
5	Tu	Alexander Muir born, 1830	♈	5 35	6 32	a.m.	5 30	6 36	a.m.
6	We	U. S. declared war on Germany, 1917	♈	5 33	6 33	0 10	5 28	6 38	0 29
7	Th	D'Arcy McGee assassinated, 1868	♈	5 32	6 34	1 2	5 26	6 40	1 19
8	Fr	Titles abolished in Canada, 1918	♈	5 31	6 36	1 46	5 23	6 42	2 1
9	Sa	Vimy Ridge, 1917	♈	5 28	6 37	2 24	5 21	6 43	2 35
<i>Palm Sunday</i>				<i>Day's Length: East 13h., 12m.; West 13h., 26m.</i>					
10	Su	Michigan ratifies repeal, 1933	♈	5 26	6 38	2 57	5 19	6 45	3 4
11	Mo	American Civil War began, 1861	♈	5 24	6 39	3 26	5 17	6 46	3 30
12	Tu	First Union Jack, 1606	♈	5 23	6 41	3 54	5 15	6 48	3 54
13	We	First German plane landed America, 1928	♈	5 21	6 43	4 22	5 13	6 49	4 18
14	Th	Abraham Lincoln shot, 1865	♈	5 19	6 44	4 50	5 11	6 51	4 42
15	Fr	Good Friday	♈	5 17	6 45	rises	5 9	6 53	rises
16	Sa	Passover (First Day)	♈	5 15	6 46	p.m.	5 7	6 54	p.m.
<i>Easter Sunday</i>				<i>Day's Length: East 13h., 34m.; West 13h., 51m.</i>					
17	Su	First newspaper in America, 1704	♈	5 13	6 47	9 51	5 5	6 56	10 10
18	Mo	San Francisco Earthquake, 1906	♈	5 11	6 49	10 44	5 3	6 58	11 4
19	Tu	Great fire, Toronto, 1904	♈	5 10	6 50	11 32	5 1	6 59	11 51
20	We	ALL-BRAN is rich in iron	♈	5 8	6 51	a.m.	4 59	7 1	a.m.
21	Th	Princess Elizabeth born, 1926	♈	5 7	6 52	0 13	4 57	7 2	0 30
22	Fr	Gas first used Ypres, 1915	♈	5 5	6 53	0 49	4 55	7 4	1 4
23	Sa	St. George's Day	♈	5 3	6 54	1 21	4 53	7 5	1 33
<i>Low Sunday</i>				<i>Day's Length: East 13h., 54m.; West 14h., 16m.</i>					
24	Su	Irish revolt, 1916	♈	5 1	6 55	1 50	4 51	7 7	1 59
25	Mo	Montreal riots, 1849	♈	5 0	6 57	2 17	4 49	7 9	2 23
26	Tu	King George VI. married, 1923	♈	4 58	6 58	2 44	4 47	7 10	2 46
27	We	First wheat planted Quebec, 1644	♈	4 57	6 59	3 11	4 45	7 12	3 9
28	Th	Battle of Fish Creek, 1885	♈	4 55	7 0	3 39	4 43	7 13	3 33
29	Fr	Duke of Wellington born, 1769	♈	4 53	7 2	4 11	4 41	7 14	4 1
30	Sa	New Irish Free State Constitution, 1937	♈	4 52	7 3	4 48	4 39	7 16	4 34

Weather Predictions—1-4, snow; 5-9, cold, threatening; 10-14, cool and pleasant; 15-18, cold; 19-23, rain; 24-27, frost; 28-30, cloudy and rain.



Amusing and Helpful Facts from the World of Science



Lenses From Plastics

It is now possible to mold lenses already polished and ready for use in eyeglasses, binoculars and cameras. The lenses, which are unbreakable, are made from plastic transparent materials. They have optical properties said to be superior to glass, and are only half the weight of glass. The new method does away with the long and expensive process of grinding.

They Let Them Die

There are bee keepers who let their bees die in winter, since it is cheaper, they say, to buy new stock each spring than feed the bees during the winter months.

Weight of Air

According to a noted researcher, the air in an average size room weighs 169 lbs. The air which a person breathes in a day weighs more than the food he eats. A cubic foot of air weighs a little more than an ounce.

Fresh Water Area of Canada

The fresh-water area of Canada is estimated at approximately 228,307 square miles—an area nearly twice as large as the whole land area of the British Isles and certainly larger than the fresh-water area of any other country in the world.

Plants Need Sleep

Recent researches at the Smithsonian Institution indicate that nightly sleep, or something very much like it, is as essential to plants as it is to men and animals.

Can Cats See in the Dark?

Scientific studies reveal that cats prowling at night can see with only one-fourth of the amount of light necessary for the human eye. The exceptionally large area of the cat's dilated pupil is most important in helping the cat to see at night.

Trapping Wild Animals With Catnip

Most of us know that cats are extremely fond of the common weed known as catnip. Scientists have now discovered that tigers, lynxes, panthers and many other wild animals also like catnip and that they can be lured into traps by the use of catnip oil.

Most Deadly Poison

Neurotoxin, the most poisonous substance yet discovered has been obtained in pure form by Dr. F. Micoel of Gottingen. Neurotoxin, meaning a poison which affects the nerves, was isolated from the venom of the South African cobra. The substance is so poisonous that two grams—about one-fiftieth of an ounce—would be enough with which to kill a million mice.

The Traveling Bee

It has been said that a bee travels upwards of 44,000 miles to gather a single pound of honey.

Fish Cannot Hear

As far as fish are concerned, a fisherman can talk away to his heart's content, for fish, according to scientific studies, cannot hear and are affected only by sounds that cause vibration in the water.

Wine From Trees

Explorers returning from a trip into the remote parts of lower Mexico report that there are tropical trees that yield "a red wine comparable to the best vintage wines of France." The wine tree is a species of palm.

A Long Walk

While he is plowing with a two-horse walking plow, a farmer has to walk about seven and a half miles to plow an acre.

The British Empire

The British Empire contains nearly a quarter of the world's area and is responsible for over a quarter of the world's food supply.

The Earth's Crust

According to science, the earth's crust rises and falls with the gravitational pull of the moon. Twice a day Halifax and Vancouver and every other city, village and farm in the nation rise and fall about nine inches.

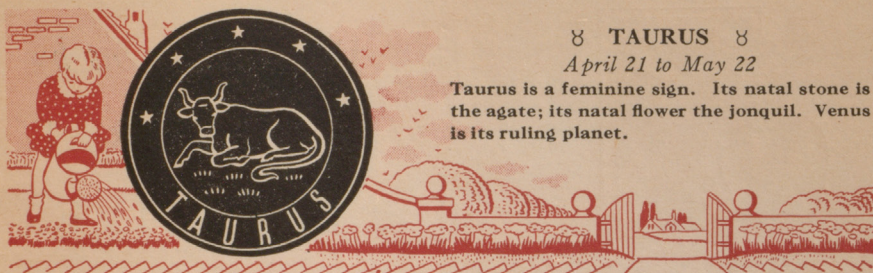
Women Live Longer

Insurance company statistics reveal that on the average women live longer than men. At the age of 25, the women's chances are 675 per 1,000 and the man's 607. At 35 years, the woman's chances are 701 and the man's 632. At 45 the woman's chances are 739 and the man's 676.

FREE FOLDER "GAINING WEIGHT"

You will be interested in this informative folder. It presents, among other facts, a suggested daily routine for those trying to gain weight. A postcard or letter will bring it—FREE. Write to Home Economics Department H. A., Kellogg Company of Canada, Ltd., London, Ont.





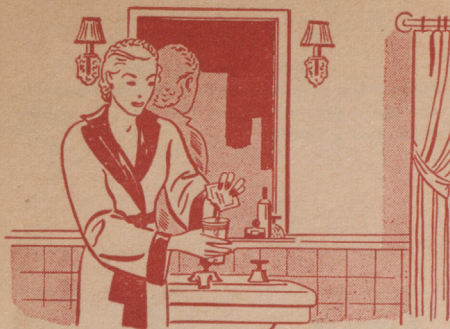
8 TAURUS 8 April 21 to May 22

Taurus is a feminine sign. Its natal stone is the agate; its natal flower the jonquil. Venus is its ruling planet.

MAY 1938

DAY OF MONTH	DAY OF WEEK	MOON'S PHASES			MOON'S SIGNS	LATITUDE OF EASTERN PROVINCES			LATITUDE OF WESTERN PROVINCES			
		☾ First Quarter— 6th d., 4h., 24m., p.m.	☾ Full Moon —14th d., 3h., 39m., a.m.	☾ Last Quarter—22nd d., 7h., 36m., a.m.		☾ New Moon —29th d., 9h., 0m., a.m.	Sun rises	Sun sets	Moon	Sun rises	Sun sets	Moon
		h m	h m	h m		h m	h m	h m	h m	h m	h m	h m
Historical Events												
Second Sunday after Easter Day's Length: East 14h., 13m.; West 14h., 39m.												
1	Su	Battle of Manila Bay, 1898	♈	4 51	7 4	sets	4 38	7 17	sets			
2	Mo	Charter Hudson Bay Company, 1670	♈	4 49	7 5	p.m.	4 37	7 19	p.m.			
3	Tu	ALL-BRAN Brown Bread	♈	4 47	7 6	10 56	4 35	7 21	11 15			
4	We	Panama Canal started, 1904	♈	4 46	7 7	11 45	4 33	7 22	a.m.			
5	Th	Napoleon I. died, St. Helena, 1821	♈	4 44	7 8	a.m.	4 31	7 24	0	0		
6	Fr	Dirigible Hindenburg destroyed, 1937	♈	4 43	7 10	0 25	4 29	7 25	0 37			
7	Sa	Lusitania torpedoed, 1915 (1,134 drowned)	♈	4 41	7 11	0 59	4 28	7 27	1 8			
Third Sunday after Easter Day's Length: East 14h., 32m.; West 15h., 2m.												
8	Su	Mother's Day	♈	4 40	7 12	1 30	4 26	7 28	1 34			
9	Mo	Italy formally annexes Ethiopia, 1936	♈	4 39	7 13	1 58	4 24	7 30	1 59			
10	Tu	Indian Mutiny began, 1857	♈	4 38	7 14	2 25	4 23	7 31	2 22			
11	We	Try ALL-BRAN Molasses Cookies	♈	4 37	7 16	2 52	4 21	7 32	2 46			
12	Th	King George VI. crowned, 1937	♈	4 35	7 17	3 21	4 20	7 33	3 11			
13	Fr	First English settlement in Va., 1607	♈	4 34	7 18	3 53	4 18	7 35	3 40			
14	Sa	Vaccination discovered, 1796	♈	4 33	7 19	rises	4 16	7 36	rises			
Fourth Sunday after Easter Day's Length: East 14h., 48m.; West 15h., 23m.												
15	Su	Louis Riel captured, 1885	♈	4 32	7 20	p.m.	4 15	7 38	p.m.			
16	Mo	First train from Toronto, 1853	♈	4 31	7 22	9 26	4 14	7 39	9 46			
17	Tu	Relief of Mafeking, 1900	♈	4 30	7 24	10 10	4 12	7 41	10 28			
18	We	Founding of Montreal, 1642	♈	4 29	7 25	10 48	4 10	7 42	11 4			
19	Th	American Revolution began, 1775	♈	4 28	7 26	11 21	4 9	7 43	11 34			
20	Fr	Amelia Earhart flies Atlantic ocean, 1932	♈	4 27	7 27	11 51	4 8	7 45	a.m.			
21	Sa	Lindbergh reached Paris, 1927	♈	4 26	7 28	a.m.	4 7	7 46	0 1			
Rogation Sunday Day's Length: East 15h., 4m.; West 15h., 41m.												
22	Su	Naval raid Zeebrugge, 1918	♈	4 25	7 29	0 18	4 6	7 47	0 25			
23	Mo	N. W. Mounted Police established, 1873	♈	4 24	7 30	0 44	4 5	7 48	0 48			
24	Tu	Empire Day, Queen Victoria born, 1819	♈	4 23	7 31	1 10	4 4	7 50	1 10			
25	We	Lunch—ALL-BRAN Gingerbread	♈	4 22	7 32	1 37	4 3	7 51	1 33			
26	Th	Ascension Day	♈	4 21	7 33	2 7	4 2	7 52	1 59			
27	Fr	R. M. S. Queen Mary first voyage, 1936	♈	4 20	7 34	2 40	4 1	7 53	2 29			
28	Sa	First U. S. troops to France, 1917	♈	4 20	7 35	3 20	4 0	7 55	3 5			
Sunday after Ascension Day's Length: East 15h., 17m.; West 15h., 57m.												
29	Su	Loss Empress of Ireland, 1914	♈	4 19	7 36	4 9	3 59	7 56	3 51			
30	Mo	Memorial Day	♈	4 18	7 37	sets	3 58	7 57	sets			
31	Tu	Jutland victory, 1916	♈	4 17	7 38	p.m.	3 57	7 58	p.m.			

Weather Predictions—1-3, clear and warm; 4-8, storm period; 9-13, cloudy; 14-17, showers; 18-22, warm and pleasant; 23-27, cloudy and cool; 28-31, clear and pleasant.



What is meant by "A NATURAL LAXATIVE FOOD"?

COMMON constipation is caused, for the most part, not by *what we eat* but by *what we fail to eat*. Soft, modern, "refined" foods are partly responsible. In the process of making foods more appetizing, man has thrown out many beneficial substances whose absence has caused a host of troubles. It is the *lack* of these natural "regulators," in our diets that is, in part, responsible for the increased prevalence of common constipation. And common sense tells us that the best way to avoid the trouble is to restore to our diet these natural needs rather than resort to medicines.

What These "Regulators" Mean

Let's see what is meant by these natural "regulators." When man ground his grain by primitive methods and used whole wheat flour, common constipation was relatively rare. Then modern appetites demanded highly refined and concentrated meals—meals often deficient in these regulators which help promote elimination. These new-day foods were admittedly digested to a greater degree. But it took years of medical research to discover that we had thrown out in these "refinements" the substances on which man had unknowingly relied for centuries to keep his intestines regular.

Now we have learned how to restore these missing essentials to our diet. Today, instead of relieving common constipation with medicines, we have found how to regain regularity by the simple process of eating a crunchy, toasted cereal which contains quantities of the missing natural regulators.

Two Things You Need

ALL-BRAN gives you two things that many foods, deficient in whole wheat, lack—substances your intestinal tract wants and needs for regular functioning.

The first of these is "bulk"—ALL-BRAN absorbs water and softens like a sponge. This water-softened mass—a natural physical need of your intestines—gently but effectively aids elimination.

And the second of ALL-BRAN's natural regulators is the intestinal-tonic vitamin, "B₁." Bran is a good source of this essential vitamin that helps tone your intestinal tract. The importance of this "tone" can well be realized when you know that the medical adjective for common constipation is "a-tonic." It means simply loss of tone—a decrease in the ability of the intestines to function properly. It is believed that much of the atonic condition of modern man's intestinal tract can be traced to a deficiency in vitamin "B₁."

How Much Vitamin "B₁" and Iron

An equal weight of ALL-BRAN contains the same quantity of vitamin B₁ as whole-wheat bread, twice as much as spinach and four times as much as lettuce. It is also rich in minerals—especially in *iron*—iron for the red blood corpuscles. ALL-BRAN by weight contains two times as much iron as liver, and six times as much as spinach.

You can eat ALL-BRAN in many ways—with milk or cream and fruits, or it can be made into delicious muffins. But however you eat it, use it *regularly*, because the substances it supplies are constant needs of your intestinal tract. Follow this daily routine: eat at least two tablespoons of ALL-BRAN a day and drink plenty of water.

Remember, Kellogg's ALL-BRAN is a food, not a medicine. Like all good foods, it is sold at your grocer's.



♊ GEMINI ♊

May 22 to June 21

Gemini is the sign of a dual personality. Its natal gem is the beryl; its flower the trailing arbutus. Mercury is its ruling planet.

JUNE 1938

DAY OF MONTH	DAY OF WEEK	MOON'S PHASES		MOON'S SIGNS	LATITUDE OF EASTERN PROVINCES			LATITUDE OF WESTERN PROVINCES		
		☾ First Quarter— 4th d., 11h., 32m., p.m.			Sun rises	Sun sets	Moon	Sun rises	Sun sets	Moon
		☾ Full Moon —12th d., 6h., 47m., p.m.								
		☾ Last Quarter—20th d., 8h., 52m., p.m.								
		☾ New Moon —27th d., 4h., 10m., p.m.								
<i>Historical Events</i>										
				h m			h m			
1	We	Fenian Raid, 1866		♊	4 17	7 39	sets	3 57	7 59	sets
2	Th	Alex. Bell invents telephone, 1875		♋	4 16	7 40	p.m.	3 56	8 0	p.m.
3	Fr	George V. born, 1865		♌	4 16	7 41	11 32	3 55	8 1	11 38
4	Sa	First continental train U. S., 1876		♍	4 15	7 41	a.m.	3 55	8 2	a.m.

Pentecost—Whit Sunday

Day's Length: East 15h., 27m.; West 16h., 9m.

5	Su	Lord Kitchener drowned, 1916	♎	4 15	7 42	0 2	3 54	8 3	0 4
6	Mo	Sir John A. Macdonald died, 1891	♏	4 15	7 42	0 29	3 53	8 4	0 28
7	Tu	British take Messines Ridge, 1917	♐	4 14	7 43	0 57	3 52	8 5	0 51
8	We	Fenians repulsed, Quebec, 1866	♑	4 14	7 44	1 25	3 52	8 5	1 16
9	Th	Charles Dickens died, 1870	♒	4 14	7 44	1 56	3 51	8 6	1 43
10	Fr	United Church inaugurated, 1925	♓	4 13	7 45	2 29	3 51	8 7	2 14
11	Sa	Richard Strauss born, 1864	♊	4 13	7 45	3 8	3 51	8 7	2 50

Trinity Sunday

Day's Length: East 15h., 33m.; West 16h., 17m.

12	Su	Quebec theatre fire, 1846	♋	4 13	7 46	3 51	3 51	8 8	3 32
13	Mo	Quebec Act, 1774	♌	4 13	7 46	rises	3 50	8 9	rises
14	Tu	Joan of Arc burnt, 1431	♍	4 12	7 47	p.m.	3 50	8 9	p.m.
15	We	Magna Charta, 1215	♎	4 12	7 48	9 23	3 50	8 10	9 37
16	Th	Corpus Christi	♏	4 12	7 48	9 54	3 50	8 10	10 5
17	Fr	General Bramwell Booth died, 1929	♐	4 12	7 49	10 22	3 50	8 11	10 30
18	Sa	Battle of Waterloo, 1815	♑	4 12	7 49	10 48	3 50	8 11	10 53

First Sunday after Trinity

Day's Length: East 15h., 36m.; West 16h., 22m.

19	Su	First Jesuits in Canada, 1625	♊	4 13	7 49	11 13	3 50	8 12	11 14
20	Mo	Soviet fliers comp. polar flight to Amer., 1937	♋	4 13	7 50	11 39	3 50	8 12	11 36
21	Tu	Summer begins—9h., om., p.m. E. S. T.	♌	4 13	7 50	a.m.	3 50	8 12	a.m.
22	We	German Navy interned at Scapa Flow, 1919	♍	4 13	7 50	0 6	3 50	8 12	0 0
23	Th	King Edward VIII. born, 1894	♎	4 14	7 51	0 36	3 50	8 13	0 27
24	Fr	St. Jean Baptiste Day	♏	4 14	7 51	1 12	3 51	8 13	0 59
25	Sa	Try tasty recipes with ALL-BRAN	♐	4 14	7 51	1 55	3 51	8 13	1 39

Second Sunday after Trinity

Day's Length: East 15h., 36m.; West 16h., 21m.

26	Su	First U. S. troops in France, 1917	♊	4 15	7 51	2 48	3 52	8 13	2 29
27	Mo	Llandovery Castle torpedoed, 1918	♋	4 15	7 50	3 50	3 52	8 13	3 31
28	Tu	World War began in Europe, 1914	♌	4 15	7 50	sets	3 53	8 13	sets
29	We	Jesuits Martyrs canonized, 1930	♍	4 16	7 50	p.m.	3 53	8 13	p.m.
30	Th	Blondin's feat at Niagara, 1859	♎	4 16	7 50	9 32	3 54	8 13	9 39

Weather Predictions—1-3, clear and warm; 4-6, thunder showers; 7-10, stormy period; 11-15, clear and hot; 16-19, showers; 20-23, pleasant; 24-27, rain; 28-30, hot and sultry.



The Canadian Wedding

Invitations

The bride and the groom each make a list of their own friends, which is supplemented by a list including the friends of both of the contracting families. It should be clearly indicated whether the invitation is for house or church. It is customary to invite friends to both church and house, if there is a church wedding, and acquaintances to the church only.

An announcement is not an invitation. It is, indeed, proof positive that one has not been invited to the wedding.

Wedding Hours

Different parts of the country follow different customs. In the Province of Quebec where a large portion of the population is Catholic, the morning wedding is very popular, the hour depending on the Mass requested by the couple. High noon and afternoon weddings also enjoy a degree of popularity. Others who wish to include dancing in the festivities, choose the evening hours from six to ten o'clock.

At The Clergyman's Home

Marriages are frequently performed in the parsonage. Such a ceremony is called a marriage, not a wedding. At such a marriage it is customary for the bride and bridegroom to meet their relatives and invited friends at the parsonage. The bride and bridegroom stand before the clergyman who reads the service. After the service a simple wedding repast, or reception, at the home of the bride's nearest relative may follow. A wedding dress may or may not be worn.

Civil Marriages

In Ontario and Quebec there is no authority made for a civil marriage. In other provinces provision is made for a civil as well as a religious marriage.

Wedding Reception

It is a rule of long standing that the wedding reception must be at the house of the bride's parents, at the house of some relative of the bride, or at a place provided by her family. It is customary that the wedding breakfast and the trousseau of the bride be provided by her family.

Wedding Presents

Those who receive invitations to a wedding are supposed to send presents to the bride at her house. The price mark should be removed and the card of the sender attached. Wedding presents are, according to law, personal property of the bride.

Acknowledgment of Gifts

Gifts should be acknowledged by the bride in her own handwriting. Notes of thanks need not be long, but they should be written as promptly as possible. An engraved card acknowledging the receipt of a gift is considered a breach of etiquette.

Exchange of Presents

A bride should not exchange presents given to her by her family or the family of the bridegroom, unless she is given permission to do so. But if the bride has several gifts of the same thing, there is no good reason why she should not exchange them.

Bridesmaids

At the usual fashionable wedding there are four to six bridesmaids. But the bride may have no attendants at all if that is her wish. Almost always, however, she has at least one maid, or matron, of honor.

Best Man

No wedding is so small that it does not rate a best man. It is not an inflexible rule by any reason, but usually a brother of the bridegroom, if there is a brother, is the best man. If the bridegroom has no brother, he usually selects the brother of the bride or his close friend.

When The Woman Doesn't Pay

It is just as much a breach of the rules of etiquette for the bride to pay anything toward the expense of a wedding trip as it would be for the bridegroom to defray any of the cost of the bride's trousseau. There is no law more inflexible than that the wedding journey shall be the undivided responsibility of the groom.

The Wedding Ring

It is customary for the bride to accompany the bridegroom when he buys the wedding ring so that she can exercise her choice in the selection of something she is to wear. If the bridegroom also wishes to have a ring, the bride buys a plain gold band, either to fit the third or little finger of his left hand.

Going-Away Clothes

A bride and bridegroom who are endowed with ordinary good taste like to be as inconspicuous as possible. Clothes for the wedding trip are selected with a view to the journey that is to be made. Under no circumstances should the newlyweds dress so as to make people exclaim, "Just married!"



Try These Recipes

MADE WITH

Kellogg's
ALL-BRAN

TEMPTING WAYS TO VARY YOUR MEALS

HERE are several of my favorite All-Bran recipes chosen especially for you—that every meal in the day may offer you something new in an attractive and delicious form.

At breakfast, what could be more enticing than All-Bran Griddle Cakes, done to a golden brown, butter melting over their warm goodness and maple sirup adding the final touch. At luncheon—All Bran Muffins. Dinner—All-Bran hot bread or dessert. Any time—banana bread for sandwiches—cookies for children.

Don't be afraid of failure with any of these recipes, because they have been all triple-tested here in our kitchen.

Barbara B. Brooks

Home Economics Department



Kellogg's

ALL-BRAN RECIPES



All-Bran Muffins

2 tablespoons fat
1/4 cup sugar
1 egg
1 cup Kellogg's All-Bran
3/4 cup milk
1 cup flour
1/2 teaspoon salt
2 1/2 teaspoons baking powder

Cream fat and sugar thoroughly; add egg and beat until creamy. Stir in All-Bran and milk; let soak until moisture is taken up. Sift flour with salt and baking powder; add to first mixture and stir only until flour disappears. Fill greased muffin pans two-thirds full and bake in moderately hot oven (400°F.) about 30 minutes.

Yield: 8 large muffins (3 inches in diameter) or 12 small muffins (2 1/4 inches in diameter).

Note: When sour milk or buttermilk is used instead of sweet milk, use 1/2 teaspoon soda and only 1 teaspoon baking powder.

All-Bran Muffin Variations

For variety use the regular All-Bran Muffin recipe, adding as directed:

Bacon Muffins: Add 1/4 cup crisp, diced bacon to dry ingredients.

Orange Muffins: Add 2 tablespoons grated orange rind to dry ingredients.

Nut Muffins: Add 1/2 cup chopped nut meats to dry ingredients.

Prune Muffins: Add 1/2 cup chopped prunes to dry ingredients.

Note: Soak dried prunes in water for one hour or longer; drain thoroughly; remove pits and cut into small pieces.

All-Bran Brown Bread

1 cup Kellogg's All-Bran
1 cup sour milk or buttermilk
1/2 cup raisins
1 tablespoon molasses
1/2 cup sugar
1 cup flour
1 teaspoon soda
1/4 teaspoon salt

Combine All-Bran, sour milk, raisins, molasses and sugar. Sift flour with soda and salt. Add to first mixture, stirring until flour disappears. Pour batter into greased can; cover tightly and steam for three hours.

Yield: 1 loaf (1 pound 6 ounces).





Banana All-Bran Nut Bread

- $\frac{1}{4}$ cup fat
- $\frac{1}{2}$ cup sugar
- 1 egg
- 1 cup Kellogg's All-Bran
- $1\frac{1}{2}$ cups mashed bananas
- 1 teaspoon vanilla extract
- $1\frac{1}{2}$ cups flour
- 2 teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon soda
- $\frac{1}{2}$ cup chopped nut meats

Cream fat and sugar thoroughly. Add egg and beat well. Add All-Bran, bananas and flavoring. Sift flour, baking powder, salt and soda together; add to first mixture with nut meats, stirring only until flour disappears. Bake in greased loaf pan, with waxed paper in the bottom, in moderate oven (375°F.) about one hour. Let cool before cutting.

Yield: 1 loaf ($4\frac{1}{2} \times 8\frac{1}{2}$ inches).

All-Bran Griddle Cakes

- 2 eggs
- $\frac{1}{4}$ cup sugar
- $2\frac{1}{4}$ cups milk
- 3 cups flour
- 2 tablespoons baking powder
- $1\frac{1}{2}$ teaspoons salt
- $\frac{1}{3}$ cup melted fat
- $\frac{1}{2}$ cup Kellogg's All-Bran

Beat eggs and sugar until light and fluffy; add milk and mix well. Sift flour with baking powder and salt; add to first mixture, stirring until flour disappears. Add melted and cooled fat, mixing carefully. Fold in All-Bran. Bake on hot griddle, turning only once.

Yield: 15 cakes ($5\frac{1}{2}$ inches in diameter).





All-Bran Butterscotch Refrigerator Cookies

- 1 cup butter
- 2 cups brown sugar
- 1 egg
- 1 cup Kellogg's All-Bran
- 3 cups flour
- 2 teaspoons baking powder

Cream butter; add sugar gradually and beat until thoroughly mixed. Add egg and All-Bran. Sift flour with baking powder and add to the first mixture. Shape into roll about $1\frac{1}{2}$ inches in diameter, wrap in waxed paper and store in refrigerator until firm. Cut into thin slices and bake on ungreased cookie sheet in moderately hot oven (425°F.) about 10 minutes.

Yield: $7\frac{1}{2}$ dozen cookies 2 inches in diameter.

All-Bran Biscuits

- $\frac{1}{2}$ cup Kellogg's All-Bran
- $\frac{3}{4}$ cup buttermilk
- $1\frac{1}{2}$ cups flour
- 1 teaspoon baking powder
- $\frac{1}{2}$ teaspoon soda
- 1 teaspoon salt
- $\frac{1}{3}$ cup fat

Soak All-Bran in buttermilk. Sift flour, baking powder, soda and salt together. Cut in fat until mixture is like coarse cornmeal. Add soaked All-Bran; stir until dough follows fork around bowl. Turn onto floured board; knead lightly a few seconds; roll or pat to $\frac{1}{2}$ inch thickness and cut with floured cutter. Bake on lightly greased pan in hot oven (450°F.) about 12 minutes.

Yield: 12 biscuits ($2\frac{1}{2}$ inches in diam.)

SWEET MILK RECIPE: If sweet milk is used instead of buttermilk, omit soda and increase baking powder to 3 teaspoons.



Honey All-Bran Pudding

- $\frac{1}{4}$ cup butter
- $\frac{2}{3}$ cup honey
- 1 egg
- $\frac{1}{2}$ cup milk
- $\frac{1}{2}$ cup Kellogg's All-Bran
- 1 cup flour
- $\frac{1}{2}$ teaspoon soda
- $\frac{1}{2}$ teaspoon salt
- 1 cup raisins

Cream butter and honey together. Add well-beaten egg, milk and All-Bran. Sift dry ingredients and mix with the raisins; add to first mixture. Combine thoroughly and fill greased mold two-thirds full; cover tightly and steam for two hours. A double thickness of waxed paper secured tightly with a string may be used over the top of the mold in place of a lid. Serve with hard sauce.

Yield: 6 servings.



How ALL-BRAN Works to Keep You "Regular"

TO UNDERSTAND how such a natural laxative food as ALL-BRAN can keep you regular, it is desirable to know something about the process of digestion.

The first step in this process begins in the mouth when you chew your food. Your teeth grind it up into bits, and the saliva softens it so that you can swallow it more easily.

The food then goes from the mouth down the esophagus (A) (the tube that leads from the mouth to the stomach).

When the stomach receives the bits of food, it mixes them with gastric juices and continues the process of digestion.

After the stomach (B) has completed its task, the food materials, liquefied, pass into the small intestine.

Importance of the Intestines

The small intestine (C) is perhaps the most important part of the digestive system. For here the food is mixed with intestinal juices and changed into a form that can be absorbed into the body. Small cells draw the properly-digested nourishment from the food and deliver it to the blood stream. The blood stream carries this needed nourishment to feed every part of the body.

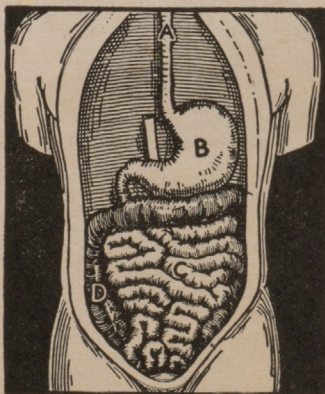
By the time the food residue enters the colon (D), most of the nourishment has been taken from it. The colon picks up moisture from this mass, which becomes gradually less fluid and more semi-solid.

Eventually, the accumulated residue in the descending colon presses on the "anal sphincter" and signals the "call of nature." Then, it is finally eliminated.

It will be obvious from this, that the intestines must function properly to promote regular elimination. Their efficiency in this respect is governed by a number of things. One of these has to do with the *physical nature* of the material that passes through—the undigested residue or "*bulk*." The great value of ALL-BRAN in this respect is that it absorbs water and softens like a sponge. This water-softened mass gently but effectively aids elimination.

All-Bran Supplies Vitamin "B₁"

A second need of the intestinal tract is what doctors refer to as "*tone*." ALL-BRAN performs its second function—it is a good source of the intestinal- tonic vitamin "B₁." This is the vitamin that helps tone the intestinal tract and keep it in condition.



A — Esophagus
B — Stomach

C — Small Intestine
D — Colon



Where to GO and What to SEE

Space Permits Listing Only a Few of Each Province's Notable Places

MARITIME PROVINCES

PRINCE EDWARD ISLAND

Fox Fur Farms

Charlottetown—Capital of Prince Edward Island

NOVA SCOTIA

Smith's Cove

Cape Breton—Louisbourg

Halifax—Harbour
Old St. Paul's Church

Annapolis Royal—Fort Anne
Memorial Town Hall
Whipping Tree
Wishing Rock
Goat Island

Grand Pré—Memorial Park
Memorial Chapel (St. Charles)
Evangeline's Well

NEW BRUNSWICK

St. Andrews-by-the Sea

Baie de Chaleur

St. John—"Reversing Falls"
Cobbett's Well
Martello Tower
Natural History Museum

Fredericton—University of New Brunswick

Moncton—The bore on the Petitcodiac River
Rocks at Hopewell Cape

PROVINCE OF QUEBEC

Montreal—Chateau de Ramezay
Mount Royal
McGill University
Place d'Armes
Oratory of St. Joseph
Wax Museum
Harbour
Notre Dame Cathedral

Quebec—Harbour
Plains of Abraham
Charlesbourg Zoological Garden
Monuments to Champlain, Montcalm,
Wolfe
Fortress at Citadel Hill
Ursuline Convent
Laval University
Basilica

Montmorency Falls

Murray Bay

Chambly—Fort

Verschères—Madeleine de Verchères

Monument

Ste. Anne de Beaupré—Shrine

Gaspé Peninsula—Bonaventure Island,
bird sanctuary

Laurentides Provincial Park

Eastern Townships

PROVINCE OF ONTARIO

Toronto—Parliament Buildings
Exhibition Park, home of the Canadian
National Exhibition
University of Toronto
Royal Ontario Museum, noted for its
collection of Chinese ceramics

Ottawa—Parliament buildings
Peace Tower, containing world's largest
carillon
Public Archives
Royal Mint
Dominion Observatory
Government Experimental Farm
Rideau Hall

Hamilton—Stoney Creek Battlefield

The Thousand Islands

Algonquin Park

Callander (Home of the Quintuplets)

Niagara Falls

Niagara Peninsula

Muskoka Lakes

Georgian Bay

London—Home of Kellogg's Cereals

PRAIRIE PROVINCES

MANITOBA

Winnipeg—Home of great Grain Exchange
Law Courts
Parliament House
Manitoba University and Agricultural
College

Churchill—Seaport on shores of Hudson Bay

SASKATCHEWAN

Regina—Western headquarters of the Royal Canadian Mounted Police

ALBERTA

Edmonton—Parliament Buildings
University of Alberta

Wainwright—National Buffalo Park

Canadian Rockies—Banff
Lake Louise
Emerald Lake
Jasper National Park

BRITISH COLUMBIA

Vancouver—Harrison Hot Springs
Grouse Mountain
Stanley Park
Capilano Canyon

Victoria—Malahat Drive
Butchart's Gardens
Dominion Astrophysical Observatory
The Gorge
The naval base at Esquimalt
Provincial Museum

Prince Rupert



♋ CANCER ♋

June 21 to July 22

Cancer is a feminine sign. Its natal gem is the ruby; its natal flower the water lily. The sign is governed by Luna.

JULY 1938

DAY OF MONTH	DAY OF WEEK	MOON'S PHASES	MOON'S SIGNS	LATITUDE OF EASTERN PROVINCES			LATITUDE OF WESTERN PROVINCES		
				Sun rises	Sun sets	Moon	Sun rises	Sun sets	Moon
				h m h m	h m h m	h m	h m h m	h m h m	h m
1	Fr	Dominion Day	♋	4 16	7 50	sets	3 54	8 12	sets
2	Sa	Joseph Chamberlain died, 1914	♋	4 17	7 50	p.m.	3 55	8 12	p.m.
Third Sunday after Trinity Day's Length: East 15h., 32m.; West 16h., 17m.									
3	Su	Rt. Hon. R. B. Bennett born, 1870	♊	4 17	7 49	11 0	3 55	8 12	10 56
4	Mo	Independence Day, U. S. A.	♊	4 18	7 49	11 29	3 56	8 12	11 21
5	Tu	Ontario Hydro Commission created, 1905	♊	4 19	7 49	11 59	3 57	8 12	11 47
6	We	Marriage of King George V., 1893	♊	4 19	7 48	a.m.	3 57	8 11	a.m.
7	Th	China and Japan war began, 1937	♊	4 20	7 48	0 32	3 58	8 11	0 17
8	Fr	John D. Rockefeller born, 1839	♊	4 21	7 48	1 8	3 59	8 10	0 51
9	Sa	Slavery abolished Upper Canada, 1793	♊	4 21	7 47	1 49	4 0	8 9	1 31
Fourth Sunday after Trinity Day's Length: East 15h., 25m.; West 16h., 7m.									
10	Su	Montreal bridge completed, 1929	♊	4 22	7 47	2 36	4 1	8 8	2 16
11	Mo	Porcupine forest fire, 1911	♊	4 23	7 46	3 27	4 2	8 7	3 8
12	Tu	First Orange Parade, Toronto, 1822	♊	4 24	7 46	rises	4 3	8 7	rises
13	We	First television broadcast, 1930	♊	4 24	7 45	p.m.	4 4	8 6	p.m.
14	Th	Fall of the Bastille, 1789	♊	4 25	7 45	8 26	4 5	8 6	8 36
15	Fr	St. Swithin's Day	♊	4 26	7 44	8 53	4 6	8 5	8 59
16	Sa	J. S. Macdonald first P.M. Ontario, 1867	♊	4 27	7 44	9 18	4 7	8 4	9 21
Fifth Sunday after Trinity Day's Length: East 15h., 15m.; West 15h., 55m.									
17	Su	Lunch—ALL-BRAN Gingerbread	♊	4 28	7 43	9 43	4 8	8 3	9 42
18	Mo	Spanish Civil War began, 1936	♊	4 29	7 42	10 10	4 9	8 2	10 5
19	Tu	Champlain surrendered Quebec, 1629	♊	4 30	7 41	10 38	4 10	8 1	10 30
20	We	British Columbia entered the Dominion, 1871	♊	4 31	7 40	11 10	4 12	8 0	10 58
21	Th	First railway Canada, 1836	♊	4 32	7 40	11 49	4 13	7 59	11 33
22	Fr	St. Mary Magdalene	♊	4 33	7 39	a.m.	4 15	7 58	a.m.
23	Sa	General U. S. Grant died, 1885	♊	4 34	7 38	0 35	4 16	7 57	0 17
Sixth Sunday after Trinity Day's Length: East 15h., 2m.; West 15h., 38m.									
24	Su	Gibraltar captured, 1704	♊	4 35	7 37	1 30	4 17	7 55	1 11
25	Mo	Simcoe landed at Niagara, 1792	♊	4 36	7 36	2 35	4 18	7 54	2 17
26	Tu	George B. Shaw born, 1856	♊	4 37	7 35	3 49	4 20	7 53	3 32
27	We	Race riots in Chicago, 1919	♊	4 38	7 34	sets	4 21	7 51	sets
28	Th	French revolution ended, 1794	♊	4 40	7 33	p.m.	4 23	7 50	p.m.
29	Fr	Benito Mussolini born, 1883	♊	4 41	7 32	8 32	4 24	7 49	8 34
30	Sa	Henry Ford born, 1863	♊	4 42	7 30	9 2	4 25	7 47	8 59
Seventh Sunday after Trinity Day's Length: East 14h., 46m.; West 15h., 20m.									
31	Su	New Orleans fire, 1920	♊	4 43	7 29	9 31	4 26	7 46	9 24

Weather Predictions—1-6, clear and warm; 7-13, cloudy; 14-18, showers; 19-23, thunder showers; 24-27, generally hot; 28-31, cloudy and stormy.



DREAMS and Their Meaning

IN every age mankind has believed in the truth of dreams if only they were correctly interpreted. Profane, as well as sacred, history is filled with dream prophesies. The interpretation of dreams, consequently, has become an art which is in widespread practice throughout both the civilized and savage world. Following are the generally accepted interpretations of the most common dreams:

Accident—If you dream of an accident it is well not to travel for a short time.

Anger—If you dream that you are angry it denotes that you will be faced with disappointments.

Apples—To dream of apples implies success in one's undertakings.

Auction—If you dream of an auction it signifies bright prospects.

Automobile—To dream of riding in a motor car means that you will make a change in your affairs.

Baby—If you dream of a crying baby you may expect ill health.

Bankrupt—To dream of bankruptcy is a warning not to speculate.

Bath—To dream of taking a warm bath denotes evil effects. A cold bath signifies good news and good health.

Bees—To dream of bees denotes pleasant and profitable engagements.

Blindness—If you dream that you are blind it signifies a sudden change.

Camera—To dream of a camera denotes unpleasant prospects.

Candle—To dream of burning candles is a promise of good fortune.

Candy—If you dream of making candy it signifies that you will be successful in business ventures.

Cats—To dream of a cat is an ill omen.

Cattle—To dream of seeing cattle grazing denotes prosperity and happiness.

Chair—To see a chair in your dream indicates that you will fail to meet some obligation.

City—If you dream that you are in a strange city it signifies that sorrows await you.

Clock—To dream of a clock foretells injury from an enemy.

Clouds—To dream of dark clouds indicates misfortune from bad management.

Coals—To dream of coals of fire denotes pleasure and many happy hours.

Debt—If you dream of being in debt it indicates that you may expect business reverses.

Diamond—To dream that you are the owner of diamonds is a sign of good fortune.

Disaster—If you dream of being in any disaster it means that you are in danger of losing property.

Doctor—To dream of a doctor is an indication of general prosperity and health.

Electricity—To dream of electricity denotes a sudden change.

Emerald—To dream of emeralds signifies that you will inherit property.

Enemy—If you dream that you overcome an enemy you will surmount all present difficulties.

Fire—To dream of fire is favorable if you do not get burned.

Flies—To dream of flies denotes illness.

Frightened—To dream of being frightened is an indication that you will be beset by worries.

Gold—To dream of gold denotes success in commercial enterprises.

Gravy—To dream of eating gravy is a forecast of failing health and fortunes.

Groceries—To dream of groceries means that you will be successful in your undertakings.

Heat—To dream that you are hot denotes that you will be betrayed by a friend.

Home—If you dream of visiting your old home you may expect to receive good news.

Ink—To dream of spilled ink signifies that you will be a victim of backbiting.

Ironing—To dream of ironing means that you will be comfortable and prosperous.

Jewels—If you dream of jewels you may expect riches.

Key—To dream of keys denotes unexpected changes.

Knife—To dream of a knife is an indication of quarrels.

Lard—To dream of lard indicates that your fortunes will take a turn for the better.

Matches—Dreaming of matches signifies unexpected good fortune.

Mirror—To dream of looking at yourself in a mirror indicates that you will meet with discouragement and illness.

Neighbor—To dream of a neighbor is a warning of gossip.

Oysters—To see oysters in a dream means that you will be prosperous and healthy.

Pearls—Dreaming of pearls is an indication of good business prospects.

Pickles—To dream of pickles is to expect business reverses.

Rainbow—To dream of a rainbow is a portent of unexpected happenings.

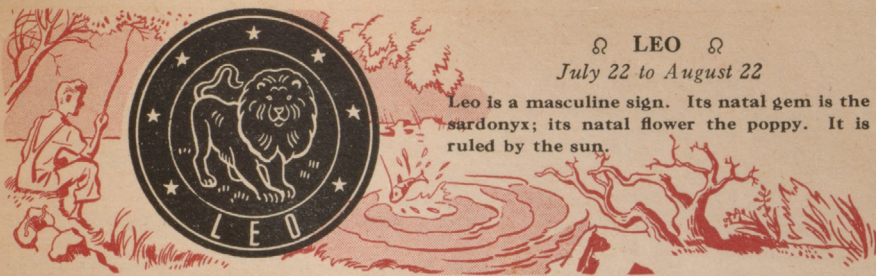
Salt—When seen in a dream, salt is an indication of unpleasant relations.

Snake—There is usually a keen disappointment after one dreams of snakes.

Teeth—If you dream of having your teeth filled you may expect to recover lost valuables.

Violence—To dream of someone doing you violence is an indication that you will be defeated by an enemy.

Wealth—Dreaming of wealthy friends denotes that you may expect friends to aid you in time of need.



♌ LEO ♌

July 22 to August 22

Leo is a masculine sign. Its natal gem is the sardonyx; its natal flower the poppy. It is ruled by the sun.

AUGUST 1938

DAY OF MONTH	DAY OF WEEK	MOON'S PHASES	MOON'S SIGNS	LATITUDE OF EASTERN PROVINCES			LATITUDE OF WESTERN PROVINCES		
				Sun rises	Sun sets	Moon	Sun rises	Sun sets	Moon
				h m	h m	h m	h m	h m	h m
		☾ First Quarter—2nd d., 9h., 0m., p.m. ☾ Full Moon —11th d., 0h., 57m., a.m. ☾ Last Quarter—18th d., 3h., 30m., p.m. ☾ New Moon —25th d., 6h., 17m., a.m.							
		<i>Historical Events</i>							
1	Mo	Canada adopts decimal currency, 1854	♊	4 44	7 28	sets	4 28	7 44	sets
2	Tu	Victoria, B. C., incorporated, 1862	♊	4 45	7 27	p.m.	4 29	7 42	p.m.
3	We	Germans declared war on France, 1914	♊	4 46	7 26	11 9	4 31	7 41	10 53
4	Th	England declared war on Germany, 1914	♊	4 47	7 24	11 49	4 32	7 39	11 31
5	Fr	First Atlantic cable completed, 1858	♊	4 48	7 23	a.m.	4 34	7 38	a.m.
6	Sa	G. Ederle swam Channel, 1926	♊	4 49	7 22	0 33	4 35	7 36	0 14

Eighth Sunday after Trinity

Day's Length: East 14h., 30m.; West 14h., 57m.

7	Su	Try ALL-BRAN and Honey	♊	4 50	7 20	1 23	4 37	7 34	1 4
8	Mo	Wilbur Wright made first aeroplane flight, 1908	♊	4 51	7 18	2 16	4 38	7 33	1 59
9	Tu	Coronation of King Edward VII., 1902	♊	4 53	7 17	3 14	4 39	7 31	2 59
10	We	First telephone Brantford-Paris, 1876	♊	4 54	7 15	4 12	4 41	7 30	4 0
11	Th	C. P. R. Montreal to Toronto, 1884	♊	4 55	7 14	rises	4 42	7 28	rises
12	Fr	Shelling of Shanghai began, 1937	♊	4 56	7 12	p.m.	4 44	7 26	p.m.
13	Sa	Florence Nightingale died, 1910	♊	4 57	7 10	7 49	4 45	7 24	7 50

Ninth Sunday after Trinity

Day's Length: East 14h., 10m.; West 14h., 36m.

14	Su	Banana ALL-BRAN Nut Bread	♊	4 59	7 9	8 15	4 46	7 22	8 12
15	Mo	Napoleon I. born, 1769	♊	5 0	7 7	8 43	4 48	7 20	8 36
16	Tu	Rideau Canal begun, 1826	♊	5 1	7 6	9 13	4 50	7 18	9 3
17	We	First Food Inspection Act U. S., 1890	♊	5 2	7 4	9 49	4 52	7 16	9 35
18	Th	French evacuation Dusseldorf, 1925	♊	5 3	7 3	10 31	4 53	7 14	10 14
19	Fr	Hitler becomes Chancellor, 1934	♊	5 5	7 1	11 20	4 54	7 12	11 2
20	Sa	First telegraph Toronto-N. Y., 1846	♊	5 7	6 59	a.m.	4 56	7 10	a.m.

Tenth Sunday after Trinity

Day's Length: East 13h., 50m.; West 14h., 10m.

21	Su	Princess Margaret Rose born, 1930	♊	5 8	6 58	0 19	4 58	7 8	0 1
22	Mo	Battle of Mons, 1914	♊	5 9	6 56	1 26	4 59	7 6	1 9
23	Tu	First steamboat on Lake Erie, 1818	♊	5 10	6 54	2 40	5 0	7 4	2 25
24	We	St. Bartholomew	♊	5 11	6 53	3 56	5 1	7 2	3 46
25	Th	Byrd left for South Pole, 1928	♊	5 12	6 51	sets	5 3	7 0	sets
26	Fr	First full television broadcast, 1936	♊	5 13	6 50	p.m.	5 5	6 58	p.m.
27	Sa	Peace Pact signed, 1928	♊	5 14	6 48	7 30	5 7	6 56	7 25

Eleventh Sunday after Trinity

Day's Length: East 13h., 31m.; West 13h., 46m.

28	Su	First oil well U. S. A. drilled, 1859	♊	5 15	6 46	8 0	5 8	6 54	7 52
29	Mo	Oliver W. Holmes born, 1809	♊	5 17	6 44	8 32	5 9	6 52	8 21
30	Tu	Germans took Brussels, 1914	♊	5 18	6 42	9 8	5 10	6 50	8 53
31	We	Official end of Great War, 1921	♊	5 19	6 40	9 46	5 11	6 48	9 29

Weather Predictions—1-4, thunder showers; 5-8, showers; 9-12, clear and cool; 13-17, thunder storms; 18-22, pleasant; 23-27, rain; 28-31, clear and warm.



IT'S FUN TO KEEP "REGULAR"

*When one of Nature's laxative foods
can be served all these delicious ways*

ONE of the best things about eating Kellogg's ALL-BRAN to keep "regular" is that you can have such a good time doing it without dosing up with pills and purgatives. Not only will you like ALL-BRAN as a cereal—with milk or cream and fruits, but you'll be delighted with all the good things it makes in cooking.

Marvelous All-Bran Muffins

It is pleasant, indeed, to think that *one large All-Bran Muffin a day* will chase the old enemy, common constipation, away. And it's pleasanter still when you find that ALL-BRAN Muffins are so delicious. Muffins made with Kellogg's ALL-BRAN have a nut-sweet flavor and a crunchy texture that you can never forget, once you've tasted them—when they come from the oven all crusty and golden-brown. Why not serve them for dinner tonight? You'll find the recipe on page 18 of this book.

But, as you will also see on that page, ALL-BRAN makes many other delicious things—brown bread as rich as though it had nut meats in it, griddle cakes with an intriguing new flavor and texture, and crunchy cookies that old and young will love.

Two Things Your Family Needs

And remember that, whenever you use ALL-BRAN in cooking, you are giving your family two substances they need in their diet to relieve common constipation and to help keep "regular." These are "bulk" and Vitamin B₁. Vitamin B₁ is especially important, because this is a natural substance which helps tone our intestinal tracts. ALL-BRAN is a good source of it.

How to Use All-Bran

ALL-BRAN is thus a many-sided boon to your family's health. It is a good source of important food values as well as being a natural "regulator." But to get the good from it, you should use it *consistently*—a little every day—because some of the substances it supplies are daily needs of the intestinal tract, particularly of any one who is troubled with common constipation. Therefore, the best way is to follow this daily routine: eat at least two tablespoons of ALL-BRAN daily—in whatever form you prefer it—and drink plenty of water. If you do this every day, you can avoid both common constipation and the necessity of taking cathartics or purgatives.

ALL-BRAN should not be considered as a medicine. You will find it where you find all good things to eat—at your grocer's.

Eat All-Bran Regularly

Thus, ALL-BRAN helps to relieve common constipation in a *natural* way—by supplying the diet deficiencies that so often cause it. ALL-BRAN is a crunchy, toasted cereal. Eat it with milk or cream and fruits, or bake it into delicious muffins, breads and cookies. But, whatever you do, the secret is to use it *regularly*: eat at least two tablespoons of ALL-BRAN daily and drink plenty of water.

Kellogg's ALL-BRAN is a cereal food, not a medicine. Look for it where you buy all good things to eat—at your grocer's.



SEPTEMBER 1938

DAY OF MONTH	DAY OF WEEK	MOON'S PHASES	MOON'S SIGNS	LATITUDE OF EASTERN PROVINCES			LATITUDE OF WESTERN PROVINCES		
				Sun rises	Sun sets	Moon	Sun rises	Sun sets	Moon
		☾ First Quarter—1st d., 0h., 28m., p.m. ☾ Full Moon—9th d., 3h., 8m., p.m. ☾ Last Quarter—16th d., 10h., 12m., p.m. ☾ New Moon—23rd d., 3h., 34m., p.m.							
		<i>Historical Events</i>							
1	Th	Alberta and Saskatchewan Provinces, 1905	♈	5 21	6 39	sets	5 12	6 46	sets
2	Fr	Fire of London, 1666	♈	5 22	6 37	p.m.	5 14	6 44	p.m.
3	Sa	Treaty of Versailles, 1783	♈	5 23	6 35	a.m.	5 16	6 42	11 52
<i>Twelfth Sunday after Trinity</i>				<i>Day's Length: East 13h., 9m.; West 13h., 21m.</i>					
4	Su	France declared a Republic, 1870	♈	5 24	6 33	0 10	5 18	6 39	a.m.
5	Mo	<i>Labour Day</i>	♈	5 25	6 31	1 6	5 20	6 37	0 50
6	Tu	President McKinley shot, 1901	♈	5 26	6 29	2 4	5 22	6 35	1 50
7	We	Germany asked armistice, 1918	♈	5 27	6 27	3 4	5 23	6 33	2 53
8	Th	First public school in U. S., 1621	♈	5 29	6 26	4 5	5 24	6 31	3 58
9	Fr	ALL-BRAN Date Bars for lunch	♈	5 30	6 24	rises	5 26	6 29	rises
10	Sa	Perry's Lake Erie victory, 1813	♈	5 31	6 22	p.m.	5 27	6 26	p.m.
<i>Thirteenth Sunday after Trinity</i>				<i>Day's Length: East 12h., 48m.; West 12h., 55m.</i>					
11	Su	Jenny Lind made U. S. debut, 1850	♈	5 32	6 20	6 47	5 29	6 24	6 41
12	Mo	Battle of St. Mihiel, 1918	♈	5 33	6 18	7 17	5 30	6 22	7 8
13	Tu	Quebec captured, 1759	♈	5 35	6 16	7 52	5 31	6 20	7 39
14	We	Duke of Wellington died, 1852	♈	5 36	6 14	8 31	5 33	6 18	8 16
15	Th	"Tanks" first used, 1916	♈	5 37	6 12	9 18	5 35	6 15	9 0
16	Fr	Harvard University Tercentenary, 1936	♈	5 38	6 10	10 13	5 36	6 13	9 54
17	Sa	Halifax fire, 1904	♈	5 39	6 8	11 15	5 38	6 11	10 57
<i>Fourteenth Sunday after Trinity</i>				<i>Day's Length: East 12h., 26m.; West 12h., 30m.</i>					
18	Su	British take St. John's, Newfoundland, 1762	♈	5 41	6 7	a.m.	5 39	6 9	a.m.
19	Mo	Lord Sydenham died, 1841	♈	5 42	6 5	0 24	5 40	6 6	0 8
20	Tu	Quebec bridge completed, 1917	♈	5 43	6 3	1 36	5 42	6 4	1 24
21	We	Sir Walter Scott died, 1832	♈	5 44	6 1	2 50	5 43	6 2	2 42
22	Th	Nathan Hale hanged, 1776	♈	5 45	5 59	4 5	5 45	6 0	4 1
23	Fr	Autumn begins mid-day E. S. T.	♈	5 47	5 57	5 18	5 46	5 58	5 18
24	Sa	Battle of Cambrai, 1918	♈	5 48	5 55	sets	5 48	5 56	sets
<i>Fifteenth Sunday after Trinity</i>				<i>Day's Length: East 12h., 3m.; West 12h., 4m.</i>					
25	Su	Submarine S-51 sank, 1925	♈	5 50	5 53	p.m.	5 50	5 54	p.m.
26	Mo	Jewish New Year, 5698-9, Rosh Hashanah	♈	5 51	5 51	7 4	5 52	5 51	6 50
27	Tu	Princess Pats Regiment sailed, 1914	♈	5 52	5 49	7 42	5 53	5 49	7 26
28	We	Louis Pasteur died, 1895	♈	5 53	5 48	8 24	5 54	5 47	8 7
29	Th	<i>St. Michael's (Michaelmas) Day</i>	♈	5 54	5 46	9 11	5 55	5 45	8 53
30	Fr	Bulgaria surrendered, 1918	♈	5 55	5 44	10 2	5 57	5 42	9 44

Weather Predictions—1-3, warm and showers; 4-8, changeable; 9-12, cool wave; 13-16, cool and pleasant; 17-20, clear and warm; 21-23, cloudy; 24-27, cold; 28-30, unsettled.



Outdoor and Indoor GAMES

★ The games listed below are not only amusing and easy to play, but do not require special apparatus.

PLUCK THE PEACH

Pluck The Peach may be played indoors or out and calls for no special training.

A line is formed, one person behind the other and each with his hands on the shoulders of the player in front. One person only stands apart and he is called the Customer. At the head of the line is the Gardener, and at the foot of the line the Peach. Those in between are the Trees in the orchard.

The Customer approaches the Gardener saying, "I should like to buy a peach," whereupon the Gardener says, "It is on the last tree in the orchard." The Customer then runs to the end of the line to pick it, but the peach starts running toward the front of the line. If he can get to the front of the line before the Customer can catch him, he becomes the Gardener, and the Customer must try again. If the Customer catches him, he takes the Customer's place.

MYSTERIOUS TAG

The players group themselves in a circle with their hands held out in front of them, palms together. The one who is "It" walks slowly around the inside of the circle, placing his hands between the palms of the different players in turn, pretending to give each one of them the little stone he is carrying. Each player pretends that the object has been given to him, but the one who has been given the stone breaks away from the circle and runs away as fast as his legs will carry him. The other players then try to catch him, and if one succeeds he then takes the stone and becomes "It."

GARDENER AND MOLE

One person is selected to play Gardener, another Mole, and the rest of the players, who represent flowers, stand in two circles, one within the other, all facing in. The Mole, chased by the Gardener, then runs in and out between them. If the Mole is apt to be caught, he stands in front of one of the players in the inner circle, thus making three players in a row. The third child (the one in the outer ring) must take the Mole's place and run in

and out between the players, chased by the Gardener. If the Mole is caught, he must take the Gardener's place.

NUMBERS CHANGE

Players in this game seat themselves in a circle with an "It" in the center. Players are numbered consecutively. "It" calls two or more numbers, such as, 2, 8, 14. The numbers called must exchange seats, during which "It" attempts to take one of the seats. The player who fails to get a seat in the circle is "It" and the game proceeds.

MATCH-BOX RELAY

Divide guests into two teams of equal number. Line up teams opposite each other in single lines with each player in kneeling position. The first player in each line, who is known as the captain, takes cover of an ordinary safety match box and puts it over end of his nose. He then turns his head and transfers box cover to the nose of the player next in line, without the use of his hands. Player having box cover then transfers it to nose of the player next to him and so on to end of line. The first team completing transfer of box cover to end of line is the winner.

ANGER

The players form a circle with an "It" outside. Two or three rugs have been placed on the floor in the path of the circle, and while "It" counts out loud, the other players walk around the circle on the rugs, keeping time with his counting. Suddenly "It" shouts, "Danger!" and any player who is caught with any part of a foot on one of the rugs is the new "It." If more than one player is caught, the one nearest the middle of a rug becomes "It."

BLIND MAN

While all the other players go out of the room, "It" hides a short pencil, making certain that the eraser end is in plain sight. He then calls in the other players to find the pencil. When each player finds it he says nothing, but sits down and begins to sing some song that comes to mind. When the next to the last player discovers the pencil, all the other players shout, "Blind Man" to the one who cannot find it. This player becomes the new "It."



≈ LIBRA ≈

September 23 to October 24

Libra is a masculine sign. Its natal gem is the diamond; its flower is the violet. Venus is its ruling planet.

OCTOBER 1938

DAY OF MONTH	DAY OF WEEK	MOON'S PHASES			MOON'S SIGNS	LATITUDE OF EASTERN PROVINCES			LATITUDE OF WESTERN PROVINCES			
		☾ First Quarter-- 1st d., 6h., 45m., a.m.	☾ Full Moon -- 9th d., 4h., 37m., a.m.	☾ Last Quarter--16th d., 4h., 24m., a.m.		☾ New Moon --23rd d., 3h., 42m., a.m.	☾ First Quarter--31st d., 2h., 45m., a.m.					
		<i>Historical Events</i>					Sun rises	Sun sets	Moon	Sun rises	Sun sets	Moon
1	Sa	Annie Besant born, 1847			♊	5 57	5 42	sets	5 59	5 40	sets	
<i>Sixteenth Sunday after Trinity Day's Length: East 11h., 42m.; West 11h., 37m.</i>												
2	Su	British take Damascus, 1918			♊	5 58	5 40	p.m.	6 1	5 38	p.m.	
3	Mo	Italians invade Ethiopia, 1935			♊	5 59	5 38	a.m.	6 2	5 36	a.m.	
4	Tu	Battle of Passchendaele, 1917			♊	6 1	5 37	0 52	6 4	5 34	0 41	
5	We	Day of Atonement (Jewish) Yom Kippur			♊	6 3	5 35	1 53	6 5	5 32	1 44	
6	Th	Hepburn Government returned in Ont., 1937			♊	6 4	5 33	2 54	6 7	5 29	2 49	
7	Fr	Louis Papineau born, 1786			♊	6 5	5 31	3 57	6 8	5 27	3 56	
8	Sa	Great Chicago fire, 1871			♊	6 6	5 29	5 2	6 9	5 25	5 4	
<i>Seventeenth Sunday after Trinity Day's Length: East 11h., 21m.; West 11h., 12m.</i>												
9	Su	Germans took Antwerp, 1914			♊	6 7	5 28	rises	6 11	5 23	rises	
10	Mo	1st Church of England service Canada, 1710			♊	6 8	5 26	p.m.	6 13	5 21	p.m.	
11	Tu	South Africa war began, 1899			♊	6 9	5 24	6 31	6 14	5 19	6 16	
12	We	Columbus discovered America, 1492			♊	6 10	5 22	7 16	6 16	5 17	6 59	
13	Th	First aeroplane flight U. S., 1893			♊	6 12	5 20	8 9	6 17	5 15	7 51	
14	Fr	Battle of Hastings, 1066			♊	6 13	5 19	9 9	6 19	5 13	8 51	
15	Sa	Zeppelin arrived in U. S., 1928			♊	6 14	5 17	10 16	6 20	5 11	10 0	
<i>Eighteenth Sunday after Trinity Day's Length: East 10h., 59m.; West 10h., 47m.</i>												
16	Su	1st Canadian contingent, England, 1914			♊	6 16	5 15	11 26	6 22	5 9	11 13	
17	Mo	Alaska boundary award, 1903			♊	6 17	5 13	a.m.	6 23	5 7	a.m.	
18	Tu	Thomas A. Edison died, 1931			♊	6 18	5 12	0 38	6 25	5 5	0 28	
19	We	ALL-BRAN provides Vitamin B ₁ .			♊	6 19	5 11	1 50	6 26	5 3	1 44	
20	Th	Spain ceded Florida, 1820			♊	6 21	5 9	3 1	6 28	5 1	3 0	
21	Fr	Battle of Trafalgar, 1805			♊	6 22	5 7	4 12	6 31	4 59	4 14	
22	Sa	Sarah Bernhardt born, 1844			♊	6 23	5 5	5 21	6 32	4 57	5 28	
<i>Nineteenth Sunday after Trinity Day's Length: East 10h., 38m.; West 10h., 22m.</i>												
23	Su	Statue of Liberty dedicated, 1886			♊	6 25	5 3	sets	6 33	4 55	sets	
24	Mo	Patent on friction matches, 1836			♊	6 27	5 2	p.m.	6 35	4 53	p.m.	
25	Tu	Charge of the Light Brigade, 1854			♊	6 29	5 0	6 17	6 36	4 51	6 0	
26	We	Erie Canal opened, 1825			♊	6 30	4 59	7 3	6 38	4 49	6 45	
27	Th	Montreal-Toronto passenger train, 1856			♊	6 31	4 57	7 52	6 40	4 47	7 34	
28	Fr	St. Simon and St. Jude			♊	6 32	4 55	8 46	6 42	4 45	8 29	
29	Sa	Robert Fulton launched, 1814			♊	6 33	4 54	9 42	6 44	4 43	9 27	
<i>Twentieth Sunday after Trinity Day's Length: East 10h., 18m.; West 9h., 56m.</i>												
30	Su	Sir Charles Tupper died, 1915			♊	6 34	4 52	10 40	6 46	4 42	10 30	
31	Mo	Hallowe'en			♊	6 36	4 50	11 39	6 48	4 40	11 30	

Weather Predictions—1-4, warm; 5-8, rain; 9-13, warm; 14-17, rain, clearing cool; 18-21, blustery and cool; 22-26, clear and pleasant; 27-31, clear and moderate.



Interesting Facts about Canada

DO YOU KNOW

- That Canadian population in 1936 was approximately 11,029,000.
- That out of this 11,029,000, 5,116,000 live in rural districts and 5,913,000 in cities and towns. That 5,691,440 are male and 5,336,560 are female.
- That the population of each Province, as of 1936, was as follows:

Prince Edward Island.....	88,038
Nova Scotia.....	512,846
New Brunswick.....	408,219
Quebec.....	3,096,000
Ontario.....	3,690,000
Manitoba.....	711,216
Saskatchewan.....	930,893
Alberta.....	772,782
British Columbia.....	750,000
- Of the total population of Canada in households, 72.32% live in single houses, 7.07% in semi-detached houses, 2.64% in apartments and 10.92% in flats.
- That the total number of households in Canada is 2,252,729.
- That the total number of employed in Canada is 3,927,230, of which 3,261,371 are males and 665,859 are females.
- That Britain has invested in Canada \$2,947,400,000.
- That the United States has invested in Canada \$3,973,500,000.
- That Canada has invested abroad \$2,165,500,000.
- That Canada ranks fourth among the principal trading countries in the World.
- That Canada exports a varied selection of items to more than 100 Foreign Countries. Eighty-six of these commodities in 1935-36 totaled \$801,618,000, or 94.4% of the Dominion's total exports. The leading exports were as follows:

	Quantity	Value
Wheat.....bu.	179,124,180	\$148,576,975
Newsprint		
Paper.....cwt.	53,261,626	90,761,379
Gold Bullion, Non-monetary.....oz.	2,383,472	83,414,854
Nickel.....cwt.	1,609,252	41,644,380
Wood Pulp.....cwt.	13,722,878	28,103,970
Planks and Boards...M ft.	1,382,714	27,605,281
Fish.....cwt.	3,212,714	24,435,248
Meats.....		24,220,802
Automobiles...No.	67,331	23,886,030
Copper bars, rods, etc.....cwt.	2,986,166	23,697,792
- That the following are the ten leading countries receiving Canada's Domestic exports in 1935-36.

1. United States.....	\$360,302,000
2. United Kingdom.....	321,557,000
3. Australia.....	23,974,000
4. Japan.....	14,844,000
5. British South Africa.....	14,292,000
6. Belgium.....	11,061,000
7. New Zealand.....	10,221,000
8. Netherlands.....	9,445,000
9. France.....	7,648,000
10. Newfoundland.....	6,903,000
- That the National Wealth of Canada in 1936 was approximately \$26,000,000,000. This National Wealth is made up as follows (figures given are nearest round figures):

Farm Values.....	\$5,600,000,000
Mines (Capital employed).....	800,000,000
Forests.....	2,100,000,000
Fisheries.....	25,400,000
Central Electric Stations.....	1,310,000,000
Manufactures.....	1,300,000,000
Construction.....	32,400,000
Trading Establishments.....	710,000,000
Steam Railways.....	3,400,000,000
Electric Railways.....	224,000,000
Telephones.....	330,000,000
Urban Real Property.....	6,915,000,000
Canals.....	268,000,000
Harbours.....	502,000,000
Shipping (including Aircraft).....	135,000,000
Automobiles.....	392,000,000
Highways.....	690,000,000
Household Furnishings.....	913,000,000
Specie, Coin, etc.....	186,000,000

 Canada leads in production of nickel.
- That Canada produced in 1936, \$2,831,925,574, consisting of:

Agriculture.....	\$ 757,918,160
Forestry.....	214,760,000
Fisheries.....	39,164,618
Trapping.....	9,168,734
Mining.....	361,394,062
Electric Power.....	136,000,000
Construction.....	124,820,000
Custom and Repair.....	73,700,000
Manufactures.....	1,443,000,000
- That every dollar spent is divided approximately as follows:

Food Products.....	29.01%
Clothing and Shoes.....	14.76%
Automotive.....	12.16%
Miscellaneous Merchandise.....	11.93%
Household Effects.....	8.21%
Alcoholic Beverages.....	5.76%
Building Materials.....	5.53%
Sale of Meals.....	3.80%
Fuel and Ice.....	3.76%
Dry Goods, Notions.....	2.63%
Drugs and Toilet Articles.....	2.45%
- That in 1901 the production of the Mining Industry was \$65,797,911 and in 1936 it had risen to \$361,394,062.



m SCORPIO m
October 24 to November 23

Scorpio is a feminine sign. Its natal gem is the topaz; its natal flower the red carnation. Mars is the ruling planet.

NOVEMBER 1938

DAY OF MONTH	DAY OF WEEK	MOON'S PHASES	MOON'S SIGNS	LATITUDE OF EASTERN PROVINCES			LATITUDE OF WESTERN PROVINCES		
				Sun rises	Sun sets	Moon	Sun rises	Sun sets	Moon
		☉ Full Moon — 7th d., 5h., 23m., p.m.							
		☾ Last Quarter — 14th d., 11h., 20m., a.m.							
		☾ New Moon — 21st d., 7h., 5m., p.m.							
		☽ First Quarter — 29th d., 10h., 59m., p.m.							
<i>Historical Events</i>									
1	Tu	All Saints' Day	♏	6 37	4 49	sets	6 49	4 38	sets
2	We	All Souls' Day	♏	6 39	4 48	a.m.	6 50	4 37	a.m.
3	Th	Drake circled the world, 1580	♏	6 41	4 46	1 41	6 51	4 35	1 39
4	Fr	President Roosevelt re-elected, 1936	♏	6 42	4 45	2 44	6 53	4 33	2 45
5	Sa	Wilson elected, 1912	♏	6 44	4 43	3 49	6 55	4 31	3 54

Twenty-first Sunday after Trinity Day's Length: East 9h., 57m.; West 9h., 33m.

6	Su	First Dominion Parliament, 1867	♏	6 45	4 42	4 57	6 57	4 30	5 6
7	Mo	C. P. R. last spike, 1885	♏	6 46	4 41	rises	6 58	4 28	rises
8	Tu	ALL-BRAN Griddle Cakes	♏	6 47	4 40	p.m.	7 0	4 27	p.m.
9	We	Marie Dressler born, 1873	♏	6 48	4 39	6 0	7 1	4 25	5 42
10	Th	Flight of Kaiser, 1918	♏	6 49	4 37	7 0	7 3	4 24	6 42
11	Fr	Armistice Day	♏	6 51	4 36	8 6	7 5	4 22	7 50
12	Sa	San Francisco bridge opened, 1936	♏	6 52	4 35	9 17	7 6	4 21	9 3

Twenty-second Sunday after Trinity Day's Length: East 9h., 41m.; West 9h., 11m.

13	Su	Ontario gold seekers, Cariboo, 1862	♏	6 53	4 34	10 29	7 8	4 19	10 19
14	Mo	Birchall hanged, Woodstock, 1890	♏	6 54	4 33	11 41	7 9	4 18	11 34
15	Tu	First meeting of League of Nations, 1920	♏	6 55	4 32	a.m.	7 11	4 16	a.m.
16	We	Riel executed, Regina, 1885	♏	6 57	4 31	0 51	7 13	4 15	0 49
17	Th	Suez Canal opened, 1869	♏	6 59	4 30	2 1	7 15	4 14	2 2
18	Fr	Standard time adopted, 1883	♏	7 1	4 29	3 9	7 16	4 13	3 15
19	Sa	Eyston sets record of 311.42 m.p.h.	♏	7 2	4 29	4 16	7 18	4 12	4 26

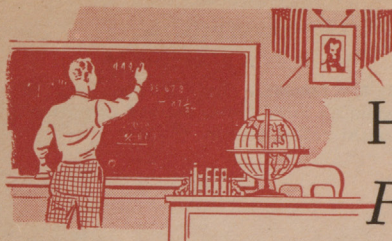
Twenty-third Sunday after Trinity Day's Length: East 9h., 25m.; West 8h., 52m.

20	Su	Sir Wilfrid Laurier born, 1841	♏	7 3	4 28	5 22	7 19	4 11	5 35
21	Mo	German Navy surrenders, 1918	♏	7 4	4 27	6 25	7 20	4 10	6 41
22	Tu	First Canadian war loan, 1915	♏	7 6	4 26	sets	7 22	4 9	sets
23	We	Pikes Peak discovered, 1806	♏	7 7	4 25	p.m.	7 24	4 8	p.m.
24	Th	U. S. Thanksgiving Day	♏	7 8	4 25	6 36	7 26	4 7	6 18
25	Fr	Fr. Hennepin at St. Catharines, 1679	♏	7 10	4 24	7 32	7 27	4 6	7 15
26	Sa	Wm. Cowper born, 1731	♏	7 11	4 23	8 29	7 29	4 5	8 15

First Sunday in Advent Day's Length: East 9h., 10m.; West 8h., 34m.

27	Su	Welland Canal opened, 1829	♏	7 12	4 22	9 27	7 30	4 4	9 17
28	Mo	First U. S. post office opened, 1783	♏	7 13	4 22	10 27	7 31	4 4	10 19
29	Tu	Horace Greeley died, 1872	♏	7 14	4 21	11 27	7 33	4 3	11 23
30	We	St. Andrew's Day	♏	7 15	4 21	a.m.	7 34	4 2	a.m.

Weather Predictions—1-2, warm and cloudy; 3-6, rain; 7-10, stormy, 11-14, warm and pleasant; 15-18, clear and generally cold; 19-24, cloudy and showery; 25-30, pleasant.



HANDY FACTS *For Those Who Figure*

To find the circumference of a circle multiply diameter by 3.1416.
 To find surface of a ball multiply square of diameter by 3.1416.
 To find diameter of a circle multiply circumference by .31831.
 To find area of a circle multiply square of diameter by .7854.
 To find cubic inches in a ball multiply cube of diameter by .5236.
 To find side of an equal square multiply diameter by .8862.
 Doubling the diameter of a pipe increases its capacity four times.
 One ton of coal is equivalent to two cords of wood for steam purposes.
 One cubic foot of bituminous coal weighs from 47 to 50 pounds.
 One cubic foot of anthracite coal weighs about 53 pounds.

A cubic foot of water contains 6.2 Imperial gallons, 1728 cubic inches, and weighs 62½ pounds.
 An Imperial gallon of water (62°F.) weighs 10 pounds, and contains 277.274 cubic inches.
 A horsepower is equivalent to raising 33,000 pounds one foot per minute, or 550 pounds one foot per second.
 Each nominal horsepower of a boiler requires 34½ pounds of water per hour, from and at 212°F.
 To find the pressure in pounds per square inch of a column of water multiply the height of the column in feet by .434.
 The average consumption of coal for steam boilers, used in schools or hospitals, using hand firing and natural draft, is 12-30 pounds per hour for each square foot of grate surface.
 To evaporate one cubic foot of water requires the consumption of 7½ pounds of ordinary coal, or about 1¼ pounds of coal to 1 gallon of water.
 Steam rising from water at its boiling point (212 degrees Fahrenheit) has a pressure equal to the atmosphere (14.7 pounds to the square inch).

Flowers and Their Symbols

Acacia.....Concealed Love
 Amaranth.....Immortality
 Ambrosia.....Love Returned
 Anemone.....Expectation
 Apple Blossom.....Preference
 Bachelor's-Button.....Hope in Love
 Buttercup.....Richness
 Calla Lily.....Feminine Beauty
 Camellia.....Pity
 Carnation, Yellow.....Disdain
 China Aster.....I'll Think of It
 China Pink.....Aversion
 Chrysanthemum, Rose.....In Love
 Chrysanthemum, White.....Truth
 Cornflower.....Delicacy
 Daffodil.....Chivalry
 Dahlia.....Forever Thine
 Daisy, White.....Innocence
 Dandelion.....Coquetry
 Forget-Me-Not.....True Love
 Foxglove.....Insincerity
 Gladiolus.....Ready Armed
 Goldenrod.....Encouragement
 Hawthorn.....Hope
 Heliotrope.....Devotion
 Heather.....Loneliness
 Honeysuckle.....Bond of Love

Hyacinth.....Jealousy
 Iris.....Message
 Ivy.....Friendship
 Jonquil.....Return My Affection
 Lady's-Slipper.....Capricious Beauty
 Larkspur.....Fickleness
 Lavender.....Distrust
 Lilac.....First Emotion of Love
 Lily.....Purity, Modesty
 Maidenhair.....Discretion
 Magnolia.....Peerless and Proud
 Marigold.....Cruelty
 Morning-Glory.....Coquetry
 Orange Blossom.....Marriage
 Pansy.....Think of Me
 Sweet Pea.....Departure
 Peony.....Anger
 Pink.....Pure Affection
 Poppy.....Consolation of Sleep
 Primrose.....Early Youth
 Rose.....Beauty
 Shamrock.....Loyalty
 Snapdragon.....Presumption
 Sumac.....Splendor
 Tulip.....Declaration of Love
 Verbena.....Sensibility
 Woodbine.....Fraternal Love



✧ SAGITTARIUS ✧

November 23 to December 22

Sagittarius is a masculine sign. Its natal gem is the carbuncle; its flower is the golden-rod. Jupiter is its ruling planet.

DECEMBER 1938

DAY OF MONTH	DAY OF WEEK	MOON'S PHASES			MOON'S SIGNS	LATITUDE OF EASTERN PROVINCES			LATITUDE OF WESTERN PROVINCES		
		☉ Full Moon — 7th d., 5h., 22m., a.m. ☾ Last Quarter—13th d., 8h., 17m., p.m. ☾ New Moon —21st d., 1h., 7m., p.m. ☽ First Quarter—29th d., 5h., 53m., p.m.				Sun rises	Sun sets	Moon	Sun rises	Sun sets	Moon
		<i>Historical Events</i>									
		h	m								
1	Th	1st use illum. gas, Baltimore, 1816			♈	7 17	4 20	sets	7 36	4 1	sets
2	Fr	St. Paul's Cathedral opened, 1697			♏	7 18	4 20	a.m.	7 37	4 1	a.m.
3	Sa	Quebec bridge opened, 1917			♏	7 19	4 20	2 35	7 38	4 1	2 42
<i>Second Sunday in Advent</i> <i>Day's Length: East 9h., 0m.; West 8h., 21m.</i>											
4	Su	Try ALL-BRAN Muffins			♏	7 20	4 20	3 43	7 39	4 0	3 53
5	Mo	Ethiopian fighting began, 1934			♏	7 22	4 19	4 52	7 40	4 0	5 6
6	Tu	Halifax explosion, 1917			♏	7 23	4 19	6 2	7 41	4 0	6 19
7	We	Rebels repulsed, Toronto, 1837			♏	7 24	4 19	rises	7 43	3 59	rises
8	Th	Battle of Falkland Islands, 1914			♏	7 25	4 18	p.m.	7 45	3 59	p.m.
9	Fr	Allenby captures Jerusalem, 1917			♏	7 26	4 18	7 0	7 46	3 59	6 44
10	Sa	Abdication of King Edward VIII., 1936			♏	7 26	4 18	8 14	7 47	3 58	8 2
<i>Third Sunday in Advent</i> <i>Day's Length: East 8h., 51m.; West 8h., 10m.</i>											
11	Su	ALL-BRAN Molasses Cookies			♏	7 27	4 18	9 29	7 48	3 58	9 21
12	Mo	King Edward VIII. leaves England, 1936			♏	7 28	4 18	10 42	7 49	3 58	10 38
13	Tu	New Zealand discovered, 1751			♏	7 29	4 19	11 52	7 50	3 58	11 53
14	We	George VI. born, 1895			♏	7 30	4 19	a.m.	7 50	3 58	a.m.
15	Th	Halifax-Truro railway opened, 1858			♏	7 30	4 19	1 1	7 51	3 59	1 6
16	Fr	Boston Tea Party, 1773			♏	7 31	4 19	2 8	7 52	3 59	2 16
17	Sa	Rt. Hon. W. L. M. King born, 1874			♏	7 32	4 19	3 14	7 53	3 59	3 25
<i>Fourth Sunday in Advent</i> <i>Day's Length: East 8h., 47m.; West 8h., 6m.</i>											
18	Su	Ottawa named, 1854			♏	7 33	4 20	4 17	7 53	3 59	4 32
19	Mo	First telegraph Upper Canada, 1846			♏	7 33	4 20	5 17	7 54	3 59	5 34
20	Tu	H. R. H. Duke of Kent born, 1902			♏	7 34	4 20	6 13	7 54	4 0	6 31
21	We	Pilgrims landed, 1620			♏	7 34	4 21	7 3	7 55	4 0	7 22
22	Th	Winter begins—7h., 7m., a.m., E. S. T.			♏	7 35	4 21	sets	7 56	4 1	sets
23	Fr	ALL-BRAN Waffles			♏	7 36	4 22	p.m.	7 57	4 1	p.m.
24	Sa	Treaty of Ghent, 1814			♏	7 36	4 23	7 18	7 57	4 2	7 6
<i>Christmas Sunday</i> <i>Day's Length: East 8h., 46m.; West 8h., 6m.</i>											
25	Su	Christmas Day			♏	7 37	4 23	8 17	7 57	4 3	8 8
26	Mo	Boxing Day			♏	7 37	4 24	9 16	7 58	4 4	9 11
27	Tu	St. John, Apostle and Evangelist			♏	7 38	4 24	10 16	7 58	4 4	10 14
28	We	Gas lighting Toronto, 1841			♏	7 38	4 25	11 17	7 58	4 5	11 18
29	Th	Japan denounces naval treaty, 1934			♏	7 38	4 25	a.m.	7 58	4 6	a.m.
30	Fr	Jesuits founded, 1535			♏	7 38	4 26	0 19	7 59	4 7	0 24
31	Sa	First electric lights shown, 1879			♏	7 38	4 27	1 23	7 59	4 8	1 32

Weather Predictions—1-3, stormy; 4-7, rain and snow; 8-11, clear and cold; 12-16, cloudy threatening; 17-20, rain and windy; 21-24, snow; 25-28, cloudy and rain; 29-31, cold.



Answers to Questions About ALL-BRAN

KELLOGG's ALL-BRAN has been used by millions of people for satisfactory relief of common constipation.

To discover the accurate, scientific facts about bran, the Kellogg Company has sponsored years of research. We want the public to be informed correctly on this laxative food. Here are some of the questions that people ask:

1. Is All-Bran a safe laxative food?

ALL-BRAN is a safe laxative food for most people who suffer merely from common constipation. Persons with diseased, inflamed, or highly sensitive intestines should avoid eating "bulk" in any form. This is true whether it be eaten in fruits, such as apples, or in leafy vegetables such as spinach, lettuce, cabbage, or in bran. Such people should consult their physicians and follow carefully the programs they prescribe.

ALL-BRAN works by absorbing water—lots of it—and becoming a soft, yielding, water-soaked mass. This mass aids elimination.

2. Does All-Bran continue to be effective over a period of time?

Yes. Because ALL-BRAN works continuously to help maintain the "tone" of the intestines. Laboratory studies have shown that ALL-BRAN's laxative action is not decreased with time.

3. Is All-Bran habit forming?

Not in the least. Unlike most pills and purgatives, ALL-BRAN does not encourage intestinal laziness—it does not induce your intestines to depend on artificial

stimulation. Like any other food, ALL-BRAN is not habit forming.

4. Is All-Bran more effective than part-bran products?

Yes. It is the actual amount of bran in the cereal that provides the "bulk."

5. Is All-Bran expensive?

It certainly is not, for what you get. The cost per serving is very small when you consider its usefulness in relieving common constipation. Moreover, ALL-BRAN has many nutritive values and it furnishes Vitamin B₁ at a very nominal cost. And ALL-BRAN gives you a health bonus in iron—two times as much iron by weight as in liver, over six times as much as in spinach. Everything considered, ALL-BRAN is as inexpensive a regulator as your family could desire.

6. Can Vitamin "B₁" be obtained in other ways?

It can, of course. You can secure it from wheat germ and from certain preparations that are concentrates. But ALL-BRAN—convenient and easy-to-take—contains it. It takes approximately the same quantity of whole-wheat bread, twice as much spinach and four times as much lettuce to contain the Vitamin B₁ found in 1 ounce of ALL-BRAN.

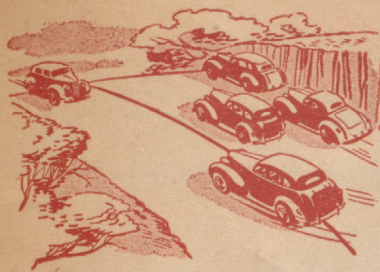
7. Is Vitamin "B₁" a daily need?

It is. Unlike certain other vitamins, this one cannot be stored, and should be replenished in your daily ration to keep your intestinal tract in "tone." That is one of the reasons why it is so helpful to eat a little ALL-BRAN every day.



FREE FOOD SELECTION CHART

Here is a chart that every modern housewife should have. First it explains the three classes of food and their purposes. Then it lists over two hundred different foods, each under its proper class, so that you can quickly select a balanced meal. Finally, it gives seven easy rules for meal planning. If you use it only for creating menus this chart will prove very valuable. But as an aid in planning meals it is worth much more. And you can get it, entirely FREE, simply by writing for it. A post card will do. Mail one now to Home Economics Department H A, Kellogg Company, of Canada, Ltd., London, Ontario.



POINTERS *for Safe Driving*

NO matter how expert a driver may be, he is nevertheless apt to fall into habits of driving that are downright unsafe.

Be Careful When Passing

Everybody knows that he ought to be careful about passing cars, especially when another car is approaching from an opposite direction. And yet nearly everyone, at some time or another, has moved over in the road to pass a car, and then wondered if he would get around in time.

What Happens at "Forty"

When we try to pass a car that's going forty miles an hour, it is as though we tried to pass a standing string of cars 300 feet long or more, depending on our speed in passing. In other words, it's like passing at least *eighteen* cars parked bumper-to-bumper in the road. If we kept this startling fact always in mind, the chances are that we would never pass the car ahead of us unless we were absolutely sure that there were no oncoming cars for a good long distance ahead.

Curves and Corners

When it comes to curves and corners, few of us realize how fast we are going. A 3000-pound car making a turn of 500-foot radius, has to overcome a centrifugal force of only about 156 pounds at 20 miles an hour. But at 30 miles an hour, the force has grown to 360 pounds, and at 60 miles an hour, it is nine times as great as at 20 . . . more than 1400 pounds trying to push us off the road. The only thing that keeps us on the road in the first place is the friction between our tires and the road. When the centrifugal force gets stronger than the force of that friction, off the road we go. When you are going around a curve or turning a corner, take it easy!

Driving at Night

Most modern headlights are pretty wonderful, but after all they don't give us the distance or clarity of vision that day-

light does. Something may come out of the night to make us stop in a hurry.

Brakes Versus Speed

At only 20 miles an hour the average driver goes 22 feet before he can even start to use the brakes. After he does get the brakes to working, it takes him another 21 feet or more to stop completely, even under the most favorable conditions. And the distance needed to stop increases by leaps and bounds as we increase our speed.

Look Out for Your Brakes

Just like the railroads, one of the main things we need to look out for is our brakes. We all know this, and yet we are prone to neglect them. If we want to keep our brakes safe and sound, it is important to remember that *fast* stops wear them out. That's why we should avoid fast stops and watch our brakes to see that adjustments are made when needed.

Driving on Hills

Many drivers say that we should go down a hill in the same gear that we would use to get up. In other words, if it is steep enough so that we would have to go up in second or even low gear, then we had better get into that same gear before we start down. If our car is in second or low gear, our engine works as a very effective brake, and besides it saves a lot of wear on our real brakes.

Slippery Weather

Ice and snow always bring problems for drivers. The problems are the result of insufficient traction. The main thing to do about *driving* in slippery weather is just what we do about *walking* in slippery weather. We are all pretty careful about that. When we step out on a slippery morning most of us put out one foot cautiously and get the feel of the surface. The best drivers do practically the same thing with their cars. They test the surface. They make sure that there are no cars too near, and when they apply their brakes they apply them very gently.



HOROSCOPES

What the Stars Say About You

FOR thousands of years man has believed that he can read his future in the stars. The streamlined horoscopes given here offer only general characteristics culled from the ancient science, which are subject to reinterpretation, depending on varying planetary influences.

AQUARIUS—January 20 to February 19

You are fond of the arts, have more than an ordinarily good disposition, and are likely to be active in reform movements and progressive ideas. Those born under this sign are sound reasoners, and are at their best when they are dealing with facts.

PISCES—February 19 to March 21

Yours is a trustful, loving, sympathetic nature. You are most likely to succeed in pursuits that require industry, tact and the ability to make the best of circumstances, and in any employment where steady application of mind and concentration of thought are required.

ARIES—March 21 to April 19

You are endowed with executive ability, and are likely to be unusually aggressive. You are not easily discouraged; on the contrary, you have the push and energy that brooks no opposition. You are an unswerving lover of justice and freedom, and a true friend.

TAURUS—April 19 to May 20

You are gentle by nature as long as you are not abused, but once aroused you are stubborn and unyielding. You are of a practical and organizing turn of mind and are sincere and trustworthy. You can earn money for others and are a capable executive.

GEMINI—May 20 to June 21

You are by nature given to inquiry, investigation and experiment. Those born under this sign are likely to succeed as researchers or in such other pursuits as make use of their innate curiosity. You are a lover of change and must be constantly on the go to be happy.

CANCER—June 21 to July 22

You are fond of home and family, industrious, saving and bent on acquiring material possessions. You are quickly responsive to kindness and heart-

ened by praise. You know what the public wants and are likely to succeed in the field of merchandising.

LEO—July 22 to August 22

Yours is a philosophical, generous nature. You are likewise frank, independent and forceful. You are likely to be good-tempered, although high strung, and do not hold a grudge very long. You are most likely to succeed when you hold some high or responsible position.

VIRGO—August 22 to September 23

You are of a speculative turn of mind and frequently are troubled by over-anxiety. You are endowed with unusual discrimination and are exceedingly careful of details. You are prudent and practical and ordinarily act with caution. You are likely to succeed in commercial pursuits.

LIBRA—September 23 to October 23

You are a lover of justice and will fight for liberty to the bitter end. Although you are inclined to be quick in decision and anger, you are easily appeased. You are fond of beauty in both art and life and have deep cultural interests.

SCORPIO—October 23 to November 22

You are likely to be exceedingly quick-witted, alert in both speech and action, and more than ordinarily positive in the expression of opinions. You have keen judgment and mechanical skill and a great deal of constructive ability. You are gifted in accomplishing things requiring aggressive enterprise.

SAGITTARIUS—November 22 to December 21

Yours is a bright, hopeful, charitable nature. You dislike having anyone order you or drive you about. You are sympathetic and loving and possess the powers of calculation and foresight to an unusual degree. You are likely to make a success in either the professional or commercial worlds.

CAPRICORN—December 22 to January 19

You are inclined to be serious, contemplative, and possess dignity and self-restraint. You are unusually ambitious and persevering, and are capable of working long and hard without giving way to discouragement. You are not demonstrative in feeling and do not readily show the sympathy you feel.



NOW . . . SEND FOR THIS FACTFUL FOLDER
REDUCING, one of the Kellogg Diet Series folders, will be of much value to you. It contains complete weight tables, advice on reducing and a list of Recommended Reducing Foods. It is FREE. Send a letter or postcard, asking for it, to Department HA, Kellogg Company of Canada, Ltd., London, Ont.

★ Now that you have read this book, you can appreciate — more than ever — the important part that food plays in maintaining family well-being. Make sure that your daily diet contains sufficient “bulk” in one form or another, to aid regular elimination. Serve Kellogg’s All-Bran as a cereal, in soups, mixed with hot cereals, in meat loaf and in those many other appetizing recipes suggested in this book. Put Kellogg’s All-Bran on your grocery list for today. Serve it to your family regularly for regularity.



Such delicious
Refrigerator Rolls!



Just for a change —
All-Bran Gingerbread!



Marvelous together —
All-Bran with Bananas!



All-Bran makes
Hot Cereal taste better!



This will taste good —
Meat Loaf with All-Bran!





★ Kellogg's All-Bran is only one of the many popular Kellogg products. They are by far the largest selling group of ready-to-eat cereals in the world, because they are made better, packed better, taste better.

Kellogg's buy the pick of the cereal crops. These grains are cooked and toasted under ideal sanitary conditions. They have the matchless Kellogg flavor that has never been successfully duplicated.

Each package has the patented heat-sealed bag which brings these famous cereals to you oven-fresh and flavor-perfect. Kellogg's Corn Flakes, All-Bran, Rice Krispies, Bran Flakes, Whole Wheat Krumbles, Pep, Wheat Krispies, and All-Wheat give wide variety to your meals. And there is Kaffee Hag Coffee, made from the finest coffee beans—but with the harmful effects removed. It lets you sleep! Let your grocer keep you supplied with them. Made by Kellogg in London, Ont.